



Mofumahadi Angie  
Motshikga, Letona la  
Lafapha la Thuto ya  
Motheo



Mong. Enver Surty,  
Motlatsi wa Letona la  
Thuto ya Motheo

Dibuka tsena tsa tshebetso di etseditswe bana ba Afrika Borwa tla boetapele ba Letona la Thuto ya Motheo. Mof. Angie Motshikga, mmoho le Motlatsi Letona la Thuto ya Motheo, Mong. Enver Surty.

Dibuka tsa tshebetso tsa Rainbow di bopa karolo ya Lefapha la Thuto ya Motheo. Ya thuso e reretsweng ho netefatsa tshebetso ya baithuti ba Afrika Borwa dikereiting tse qalang tse tsheletseng. Jwaleka e nngwe ya dintlha tsa bohlokwa tsa Moralo wa Tshebetso ya Mmuso. projek ena e etsahetse ka tshehetso ya letlole la Polokelo la Setjhaba. Sena se entse hore Lefapha le etse dibuka tsena tsa tshebetso ka dipuo tsohle tsa semmuso, ntle le tefello ya letho.

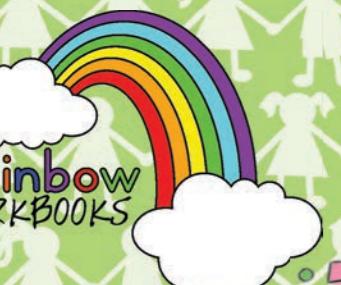
Re tshepa hore, Matitjhere a tla fumana dibuka tsa tshebetso di le bohlokwa mosebetsing wa bona wa letsatsi le letsatsi, le ho etsa bonnate ba hore baithuti ba bona ba etsa kharikhulamo yohle. Re nkile boikarabelo ba ho tataisa titjhere mosebetsing ka enngwe le enngwe ya mesebetsi. Ka ho kenyelletsa motshwao a bontshang hore na seo barutwana ba tshwanelang ho se etsa ke sefe.

Re a kgolwa hore bana ba tla natefelwa ke ho sebetsa ka buka ena ha ba ntse ba hola le ho ithuta. Le hore wena titjhere. O tla natefelwa mmoho le bana.

Re le lakalletsa katleho ho sebediseng dibuka tsena tsa tshebetso.



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LIFE SKILLS IN SESOTHO

GRADE 1 – BOOK 1

TERMS 1 & 2

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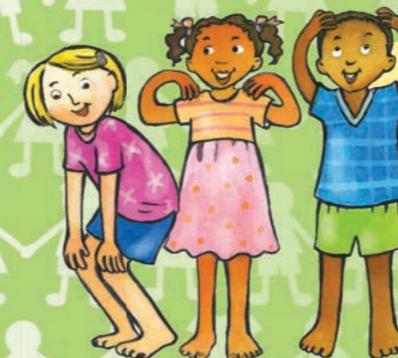
E hlopisiswe ho  
latela lenane thuto  
la CAPS

## Sehlopha sa



# Bokgoni ho tsa Bophelo ka SESOTHO

Buka ya 1  
Kotara ya 1&2



Dibukatshebetso tse teng mosebetsing ona  
ke tse latelang:

- Puo ya lapeng/Ho bala le ho ngola Sehlopha sa 1 – 6  
(Ka dipuo tsohle tsa semmuso)
- Mmetse Sehlopha sa 1 – 3  
(Ka dipuo tsohle tsa semmuso)
- Mmetse Sehlopha sa 4 – 9  
(Ka Senyesemane le seAfrikaans)
- Thuto ya tsa bophelo Sehlopha sa 1 – 3  
(Ka dipuo tsohle tsa semmuso)

Lebitso:

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## lenaneo

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moya o motle

26 tshitwe letsatsi la keresemose  
moya o motle



# Sehlopa sa

1



Bokgoni ho tsa  
Bophelo ka SESOTHO  
Buka ya !



Buka ena ke ya:



# Ditaba ka nna

Kotara ya | - Bekē ya | - Leqephē la mosebetsi



Kgomaretsa senepe sa hao  
kapa o etse setshwantsho sa  
senepe seo.



Aterese ya heso ke:

---



---



---

Ke tseba letsatsi la ka la tswalo.

ee	ha ke na bonnête	tjhe
----	---------------------	------

Letsatsi: .....



Lebitso la ka ke

---

Fane ya ka ke

---

Ke dilemo di \_\_\_\_\_.

Lapeng leso re \_\_\_\_\_ ka  
palo.

Nomoro ya mohala  
wa heso ke:

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Ha re etseng ditshwantsho



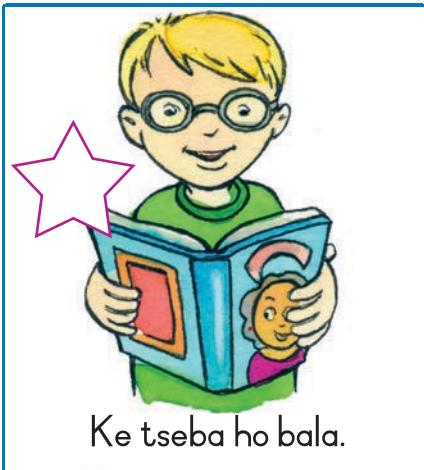
Tshepo o tseba ho bapala bolo.

Etsa setshwantsho sa ntho eo o e etsang hantle.



Borella motswalle wa hao ka seo o ka se etsang hantle. Jwale kgabisa naledi ka lebokoseng le nepahetseng ho bontsha hore o ka etsang.

Ha re bueng



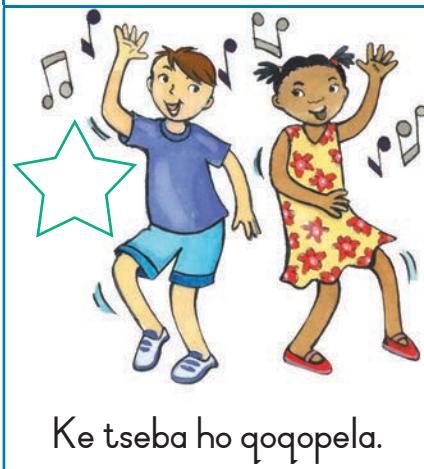
Ke tseba ho bala.



Ke tseba ho ikapesa.



Nka ngola lebitso la ka.



Ke tseba ho qoqopela.



Ke tseba ho etsa tee.



Nka hlatswa meno a ka.

Teacher:  
Sign:  
Date:

# Mebala le meqoqopelo

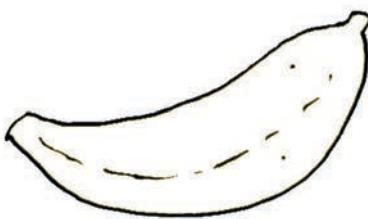


Ha re etseng

Na o tseba mebala ena?  
Bolella motswallé wa hao  
mabitso a mebala ena.



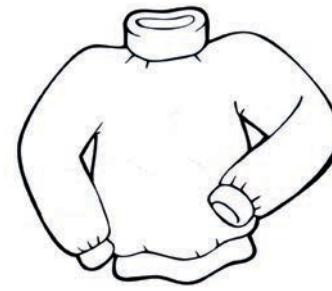
Kgabisa setshwantsho se seng le se seng ka mmala o nepahetseng.



Panana e tshehla



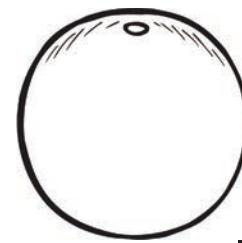
Apole e kgubedu



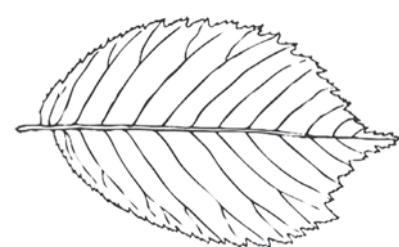
Jeresi e bolou



Sekgele se mebalabala



Lamunu e mmala wa lamunu

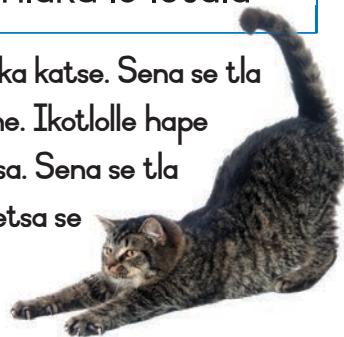


Lehlaku le letala



Ha re ithapolleng

Pele o etsa eng kapa eng kantle , ikotlolle jwaloka ka katse. Sena se tla etsa ho be bonolo hore mmele wa hao o tsitsinyeho. Ikotlolle hape ha o se o qetile ho kokobetsa mmele le ho o phodisa. Sena se tla thusa mesifa ya hao hore e se be bohloko. Jwale etsa se etswang ke bana bana.



Bina " Hloho le mahetla" ha o ntse o:

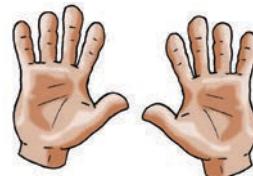
- etsa e ka o bapala meropa.
- etsa e ka o bapala katara.





Tlotlontswe

Opa diatla dipateroneng  
tse latelang.



Opa Opa Opa Opa

Opa Opa Opa Opa

Opa Opa Opa Opa

Opa Opa Opa Opa Opa



Ha re etseng

Na o ka etsa dintho tsena? Bontsha metswalle ya hao.

Nka matha ka nqa tse fapaneng ke sa thule motho.			
Nka tlola kgati.			
Nka thetela motswalle wa ka bolo e kgolo.			



# Re kgethehile kaofela



Sheba setshwantsho o bolelle  
motswalle wa hao phapang  
pakeng tsa bana bana.



## Kgolo le nyenyane

Ba bang ba baholo, ba bang ba rona ba banyenyane.

Ba bang ba rona ba balelele, ba bang ba  
bakgutshwanyane.

Ba bang ba rona ba ka tlola, ba bang ba ka bina.

Bohle re na le bokgoni ba ho etsa dintho tse ntle.

Ke eng seo o ka se etsang hantle?



Borella motswalle wa hao hore o ikutlwile  
jwang tsatsing la hao la pele sekolong.



thabile	lla	thabile haholo	halefile	dihlong

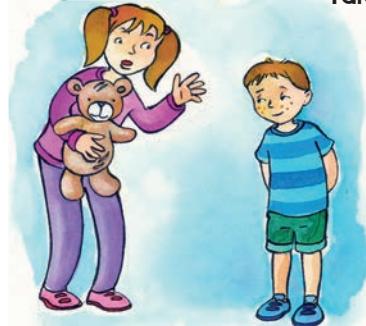


Taka setshwantsho ho **bontsha hore o ka ikutlwajwang** ha e mong a ka o neha  
sebapadiswa se setjha. Ngola maikutlo ao sekgeong se ka tlaase ho setshwantsho.



Ha re bueng

Bolella motswalle wa hao hore ho etsahalang setshwantshong se seng le se seng. Bolela hore o ka ikutlwajwang ha dintho tsena di etsahala ho wena. Taka sefahleho se nepahetseng.



Moshanyana e moholo o nka dintho tsa hao.

thabile	thabile haholo	lla

Wena le motswalle wa hao le bapala mmoho.

halefile	thabile	tshohile



O bulu mpho.

O emisa e mong	thabile haholo	dihlong

Abuti wa hao kapa ausi wa hao o tjhwatla ntho ya hao ya ho bapala eo o e ratang haholo.

dihlong	thabile	halefile



Ha re etseng

Etsa Kgatiso ya monwana lebokoseng la pele, kopa motswalle wa hao hore a etse kgatiso ya monwana lebokoseng le latelang.

Na o a tseba hore ha ho motho lefatsheng ya nang le kgatiso ya monwana e tshwanang le ya hao? O kgethehile hoo e leng **wena** fela lefatsheng, le mawelana le ona ha a na kgatiso ya menwana e tshwanang.

--	--

Na o a bona hore dikgatiso tsa menwana di fapan?



# Bohle re fapane

Ha re bueng

Sheba bana bana.  
Ba tshwana jwang?  
Ba fapane jwang?



Ha re etseng

Sheba ditshwantsho mme o bolele hore dipolelo tsena ke nnete  
kapa tjhe.  
**Tlotsa dipolelwana tse nepahetseng ka mmala o motala.**  
**Tlotsa polelwana tse seng nnete ka mmala o mokgubedu.**



Kaofela ha bona ba na le matsoho a  
mabedi le maoto a mabedi.



Ke banana kaofela.

Ba rwetse dieta kaofela.



Ba apere marikgwe kaofela.

Ke bana kaofela.



Ba na le moriri o molelele kaofela.



Ha re etseng ditshwantsho

Etsa setshwantsho sa hao sebakeng sa pele, ebe o  
etsa setshwantsho sa motswalle wa hao wa hloho ya  
kgomo. Ha o qeta ho etsa jwalo sheba ditshwantsho o  
bolele hore o fapane jwang le motswalle wa hao.

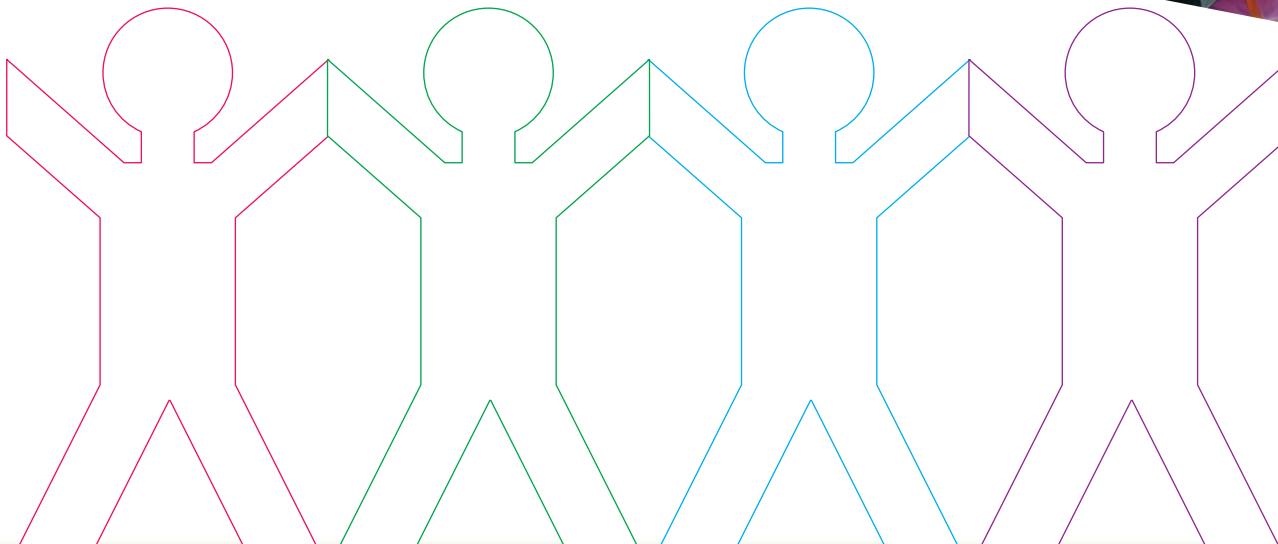


Nna	Motswalle wa ka



Ha re ithapolleng

Khalara ketane ena ya setswalle  
ho bontsha hore bohole ba fapane.  
Ha o qetile sena seha ketane ena ya  
setswalle mme wa e kgabisa e karolong  
ya disehwa bukeng ena.



Teacher:
Sign:
Date:

# Bina pina

Kotara ya | - Beke ya 3 - Leqephela mosebetsi

Hare bueng

Pele o bina, ithapolle ka mokgwa o latelang.  
Hemela ka hare le ka ntle butle. Etsa e ka o budula  
dikerese kukung ya hao ya tsatsi la tswalo. Etsa e ka o  
hatsetse, e be o re "Brrrrrrrrrrrrrrrrrrrrrr".



## Ditshwenyane tse nyenyane tse hlano

Ditshwenyane tse tse hlano di tlola tlola hodima bethe

E le nngwe ya wa ya otlanya hlooho fatshe

Mme a bitsa ngaka, ngaka ya re

"Ha ho sa na ditshwenyane tse tla tlola tlola hodima bethe"



Ditshwenyane tse tse nne di tlola tlola hodima bethe

E le nngwe ya wa, ya otlanya hlooho fatshe

Mme a bitsa ngaka, ngaka ya re

"Ha ho sa na ditshwenyane tse tla tlola tlola hodima bethe"



Tshwenyane tse tse tharo di tlola tlola hodima bethe

E le nngwe ya wa ya otlanya hlooho fatshe

Mme a bitsa ngaka, ngaka ya re

"Ha ho sa na ditshwenyane tse tla tlola tlola hodima bethe"

Ditshwenyane tse tse pedi di tlola tlola hodima bethe

E le nngwe ya wa, ya otlanya hlooho fatshe

Mme a bitsa ngaka, ngaka ya re,

"Ha ho sa na ditshwenyane tse tla tlola tlola hodima bethe"

Tshwenyane e tlola tlola e le nngwe hodima bethe

Ya wa ya otlanya hlooho fatshe

Mme a bitsa ngaka, ngaka ya re,

"Ha ho sa na tshwenyane e tla tlola tlola hodima bethe"





## Ha re etseng ditshwantsho

Taka sefahleho sa hao.

Bontsha mahlo a hao, ditsebe, nko, molomo le moriri.

Bolella metswalle ya hao hore o shebahala jwang.

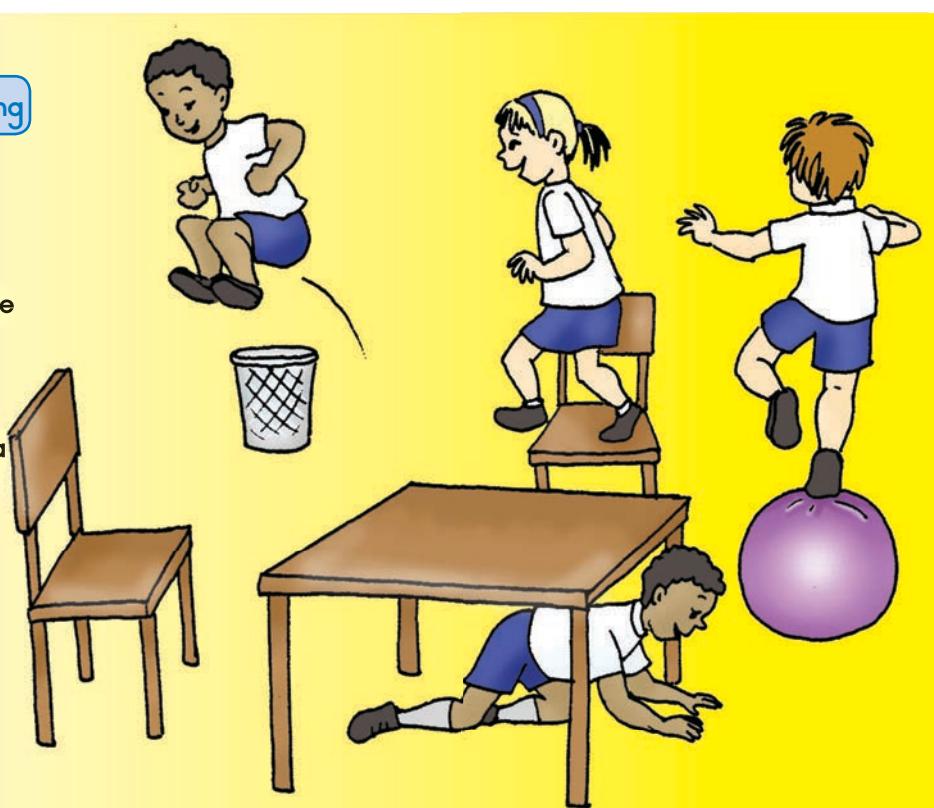


Ha re ithapolleng

Etsang tselana e  
tshireletsang kantle ho  
tlelase ya lona jwaloka ena le  
thuswa ke titjhhere ya lona.

Tlola ho tloha setulong sena  
ho ya ho se seng.

## Kqasa ka tlasa tafole.



# Ke motlotlo ka sekolo sa heso



Ha re etseng

Etsa setshwantsho sa hao  
o apere diaparo tsa sekolo.  
Tlatsa dikgeo ka dikarabo.



Ke kena sekolo

\_\_\_\_\_.

Lebitso la titjhere ya ka ke

\_\_\_\_\_.

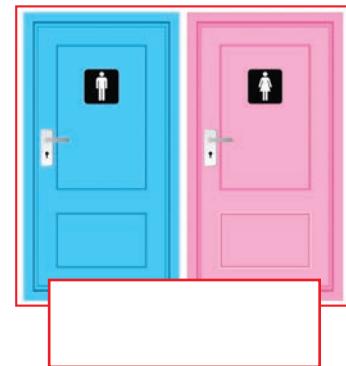
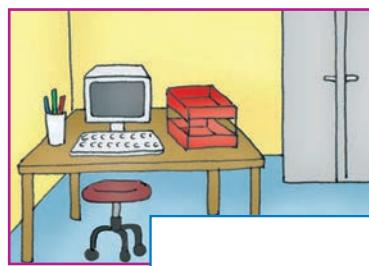
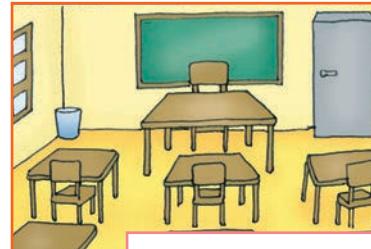
Mosuwehlooho wa sekolo ke

\_\_\_\_\_.



Ha re ngoleng

Tadima ditshwantsho.  
Jwale seha lentswe le  
nepahetseng bakeng sa  
setshwantsho ka seng  
mme o se mamarisetse  
thoko ho setshwantsho.



lebaleng la  
dipapadi

tlelaseng

phaposi ya  
mosebetsi

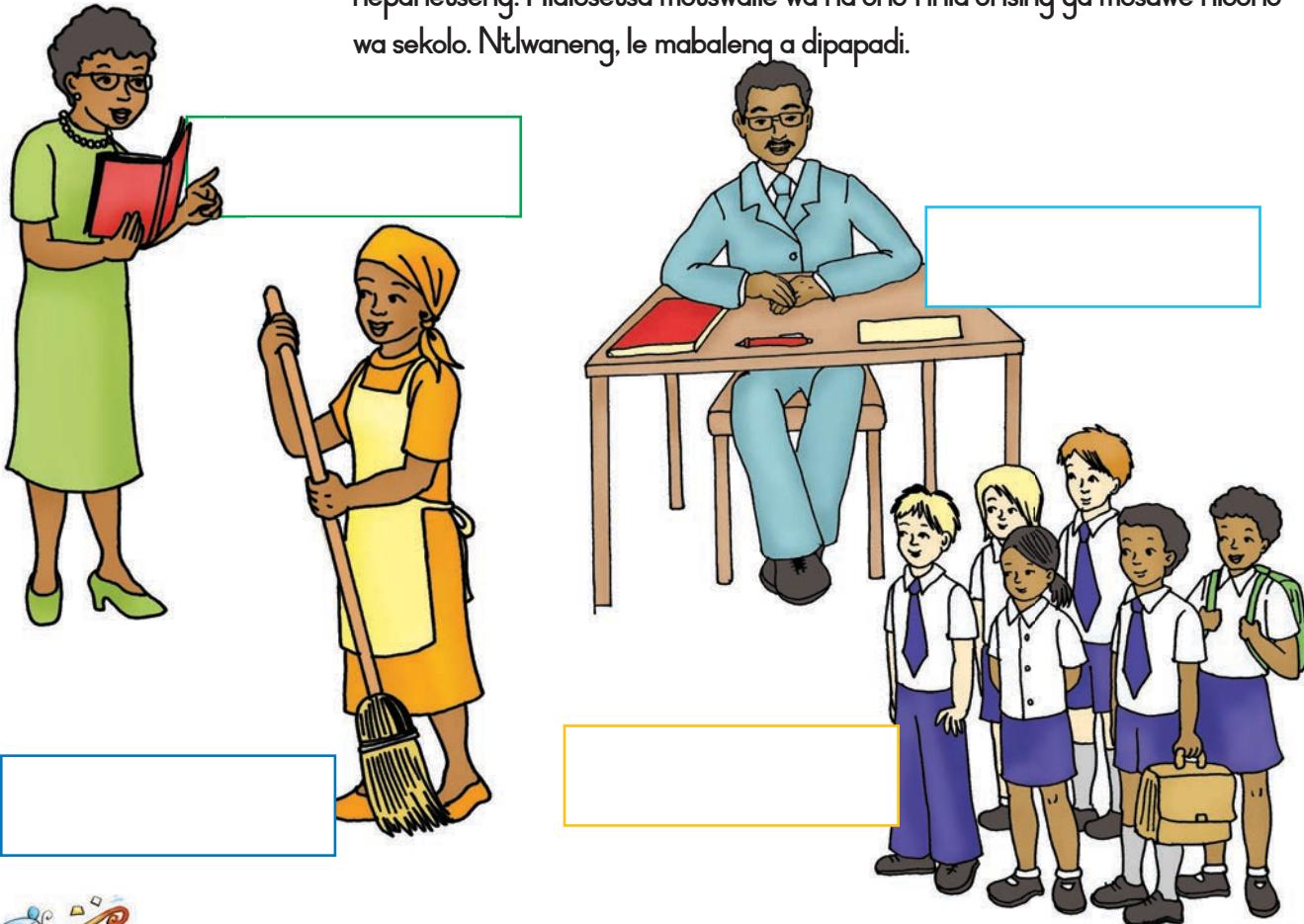
mothusi wa  
mosuwehlooho

phaposi ya ho  
apara



## Ha re ngoleng

Ke batho bafe ba fapaneng sekolong? Tadima setshwantsho mme o bue ka hore ke bo mang mme ba etsang. Jwale seha lentswe le nepahetseng qetellong ya leqephe mme o se mamari setse thoko ho setshwantsho se nepahetseng. Hlalosetsa motswalle wa ha oho fihla ofising ya mosuwe hlooho wa sekolo. Ntlwaneng, le mabaleng a dipapadi.



## Tlotlontswe

Pensele ya Thabo e wetse fatshe. Bala hore na o na le dikerayone tsa dipensele tse kae, ebe o ngola nomoro lebokoseng. Jwale, pampiring e nngwe, taka setshwantsho o sebedisa mebala e kganyang, ho bontsha kamoo wena le motswalle wa hao le bapalang mmoho.



bana

motho ya hlwekisang

titjhere

mosuwehlooho



# Dibaka tse fapaneng

Kotara ya | - Bekə ya 4 - 5 - Leqephé la mosebetsi



Ha re etseng

Bontsha motswalle wa hao hore o ho kae.

Ipat a tlasa ntho e nngwe.



Ipat a ka mora ntho e nngwe.



Ke ipat ile tlasa tafole.



Ema hodima ntho e nngwe.



Ema pela ntho e nngwe.



Ha re ithapolleng

- Sebedisa bolo. E lahlela hodimo ebe o a e tshwara.
- Tsepamisa mokotlana wa dinawa hlohung ya hao o tsamaye butle.
- Jwale rwala mokotlana wa dinawa, o ntse o tsamaya hodima balaka e tsepaneng fatshe kapa mola o fatshe.

Nka lahlela bolo.



Nka kapa bolo.



Nka tsepamisa mokotlana  
wa dinawa hlohung ya ka.





Ha re ithapolleng

Hata ka maoto ho latela.

L = Leqele



T = Tona



The scroll contains three rows of footprints:

- Row 1: 5 feet, all labeled T
- Row 2: 7 feet, alternating L and T
- Row 3: 8 feet, alternating L and T



Teacher:  
Sign:  
Date:

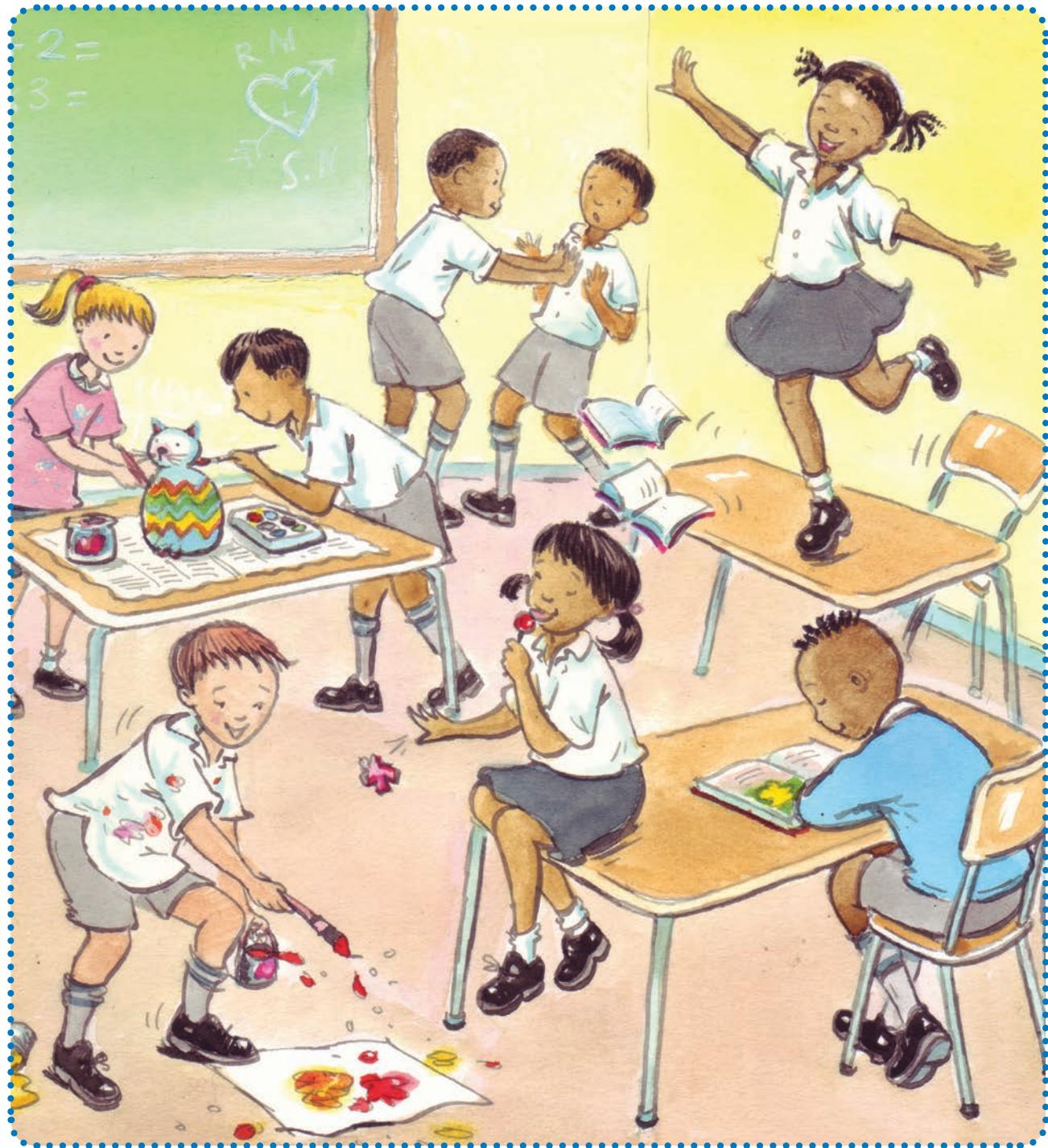
# Phaposi ya heso



Ha re bueng

Sheba setshwantsho ka hloko o bolele hore o bona eng.

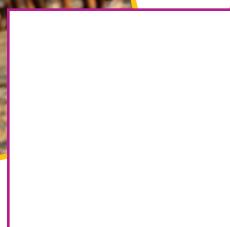
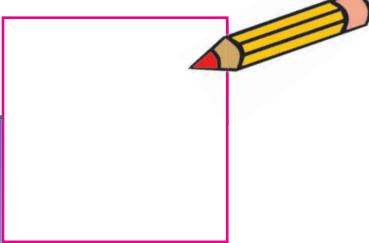
Tlelaseng ena, ntho tse mpe le tse ntle di a etsahala. Ke tlwaelo efe e ntle eo o e bonang? Ke tlwaelo efe e mpe eo o e bonang?





# Ha re bueng

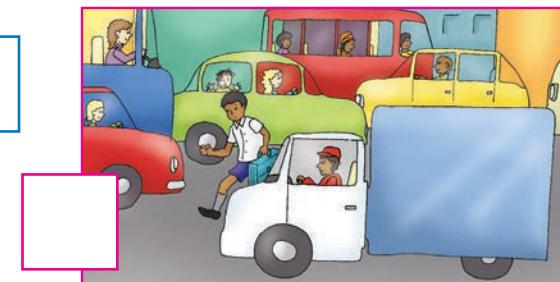
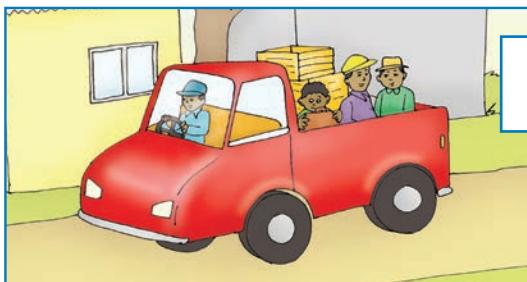
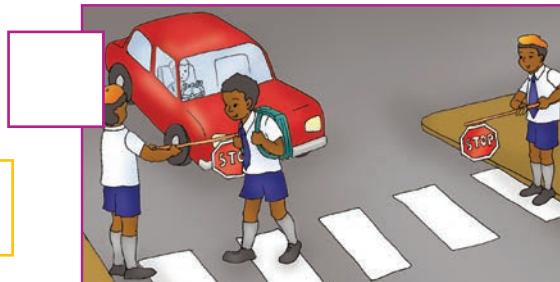
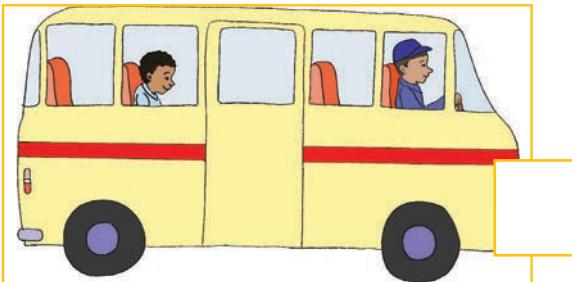
Etsa letshwao ✓ la nepo thoko ho ditlwaelo tsohle tse ntle le le letshwao ✗ la sefapano thoko ho ditlwaelo tsohle tse mpe tse ka etsahalang sekolong.



# Ka moo re yang sekolong ka teng



O ya jwang sekolong tsatsi le leng le le leng? Na o bolokelehole?  
O tseba tsela tse sa lokang? Bua le motswalle wa hao hore bana bana  
ba ya jwang sekolong. Etsa letshwao ✓ tseleng tse bolokehileng ho ya  
sekolong. Etsa letshwao ✗ tseleng tse sa bolekeheng.



O ya jwang sekolong hoseng?



Kotara ya | - Beke ya 5 - Leqephé la mosebetsi

Botsa metswalle ya hao e mehlano hore  
ba ya jwang sekolong ka mehla. Taka  
tjhateng e latelang.

ka maoto	
ka bese	
ka koloi/teraka	

Mabitso a metswalle

I	2	3	4	5



Nka matha matswedintsweke.

Ee      Tjhe

Nka fetola moo ke lebileng ke  
matha ha titjhere a mpolella jwalo.



Ha re etseng

Taka setshwantsho ho bontsha hore o tla jwang sekolong.



Ha re ithapolleng

Mamela mmino oo titjhere a tlang ho le bapalla ona.

Tsitsinya mmele ho latela morethetho wa mmino.

Koba mangwele mme o otolle maoto.

Tsamaisa mahetla a hao hodimo le tlase.

Tsamaisa setsu sa hao hodimo le tlase.



Ha re ithapolleng

Wena le motswalle wa hao le tlameha ho akgela le ho tshwara bolo.  
Sebedisa letsoho le letona le le letshehadi ho akgela bolo morao.

Na ke ile ka kgon a ho akgela bolo ka letsoho la ka  
le letona le le letshehadi?



Ha re ithapolleng

Tsamaya jwale ka kiribae le  
motswalle wa hao.



# Ke dula ke hlwekile

Kotara ya | - Beke ya b - Leqephé la mosebetsi



Ha re bueng

Ho bohloka ho ithuta mekgwa e nepahetseng.  
Ena ke mekgwa ya ho dula o hlwekile o phela hantle.  
Bua ka setshwantsho se seng le se seng.



Ho hlatswa meno.



Ho hlatswa matsoho a ka ha ke  
qeta ho sebedisa ntlwana ya ho ithusa.



Ho itlhatswa ka mehla.



Ho boloka manala a ka a hlwekile.



Ho sebedisa ntlwana ya ho ithusa.



Ho hlatswa ditholwana  
pele ke di ja.



Ho sebedisa sakatuka ha ke  
thimola kapa ke mina.

Ke tlamehile



Ha re ngoleng

Ke ntho dife tse latelang tse etsang hore o dule o hlwekile? Kgabisa ka dinaledi ho bontsha hore ke dintho di fe tseo o di sebedisang hore o dule o hlwekile. Bolela hore o sebedisa jwang ntho e nngwe le e nngwe hore o dule o hlwekile.



Tshwaya hore na o ka etsa tse latelang:	ee	tjhe
Nka hlwella lere hodima jankel jimi.		
Nka sebedisa boitshwareletso ba matsoho ho leba pele.		
Nka kgasa hara jankel jimi.		



# Boitshwaro bo molemo

Kotara ya | - Beké ya b - Leqephé la mosebetsi



Ha re baleng

E meng ya mekgwa e metle ya  
ho sebedisa ntlwana hantle.

**Hopola**



Ha o silafatsa ntlwana ya  
ho ithusa, hopola ho e hlwekisa.



Hopola ho bulela metsi ha o  
qeta ho sebedisa ntlwana ya  
ho ithusa.



Dula o kwetse ntlwana ya ho  
ithusa ka mehla.



Se sebedise pampiri ya ho  
itlhakola e ngata.



Hlatswa matsoho a hao ka mehla ha o  
qeta ho sebedisa ntlwana ya ho ithusa.



## Ha re ngoleng

Etsetsa mantswe a nepahetseng masakana, a re bolellang hore re hloka ho etsa dintho tse latelang ha kae.

### Ho hlatswa moriri wa hao.



tsatsi le leng le le  
leng

hoseng le bosiu

habedi ka beke

ha nngwe ka beke

### Hlatswa meno.



tsatsi le leng le le  
leng

hoseng le bosiu

habedi ka beke

ha nngwe ka beke

### Hlatswa mmele.



tsatsi le leng le le  
leng

hoseng le bosiu

habedi ka beke

ha nngwe ka beke

### Hlatswa sefahleho.



tsatsi le leng le le  
leng

hoseng le bosiu

habedi ka beke

ha nngwe ka beke

Teacher:	Sign:
Date:	(Signature)

# Ke hlwekile

Kotara ya | - Beké ya b - Leqephé la mosebetsi



Bapala "Simon o re" le titjhere ya hao.

Iphumanele sebakana sa hao o tsamaye o sa thule motho.

Simon o re "tshwara hlooho ya hao."



Bontsha motswalle wa hao hore o ...



Hlapa matsoho.



Kama moriri.



Omisa matsoho.



Hlatswa meno.

Hlatswa sefahleho sa hao.





Ha re ithapolleng

Etsa papadi ka thothokiso ena.

**Nka opa diatla, le hona ho hata  
ka maoto**

**Nka tsitsinya hlooho, le hona ho**

**tsamaisa matsoho a ka**

**Nka tsamaisa menwana**

**ya ka ya maoto,**

**le hona ho tshwara nko ya ka.**



# Tlwaelo tsa bophelo bo bottle



Ha re baleng

Re hloka eng ho dula re phetse hantle!

Dijo tse  
nepahetseng



Boikwetliso  
bo lekaneng

Ho dula re  
hlwekile



Ho ba  
moyeng o  
hlwekileng

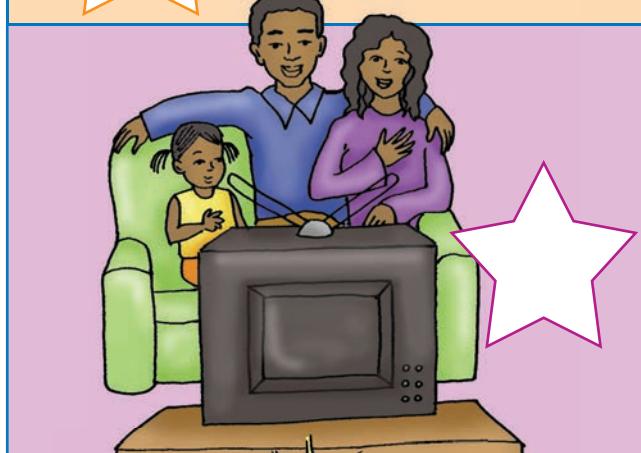
Ho robala ho  
lekaneng ka ntle  
le ho shebella TV  
haholo!





## Ha re ngoleng

Etsa letshwao ✓ ho tlwaelo ya bophelo bo botle le letshwao ✗ ho tlwaelo ya bophelo bo seng botle.



Teacher:
Sign:
Date:

# 14 Bohlweki le makgethe

Kotara ya | - Beké ya 7 - Leqephé la mosebetsi



Ha re etseng

Bontsha hore o sebedisa  
dintho tsena jwang.



borashe ba meno



sesepa sa meno



sesepa



sesepa sa matsoho



sesepa sa moriri



kama



borashe



borashe ba manala



ntho e kutang manala



Ha re ithapolleng

Tshwaranang ka matsoho le etse sedikadikwe.

Jwale akgela bolo ho e mong le e mong ka  
sedikadikweng.

Eketsang ka bolo e nngwe le e lahleleng.

Eketsang ka bolo ya boraro le e lahleleng.



Ha re bueng

Ke eng se bohlaswa phaposing ena?

O tshwanelo ho etsa eng hore o hlwekise phaposi ena?

Bana ba etsa eng? Ba tshwanelo ho etsa eng?



Teacher:	.....
Sign:	.....
Date:	.....

# Boemo ba lehodimo boo ke bo ratang

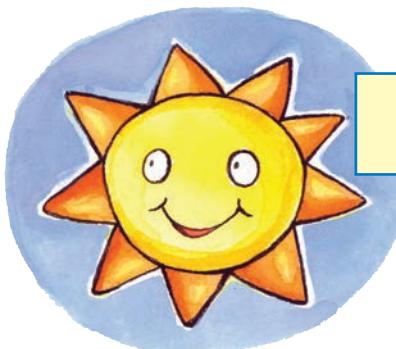
Kotara ya | - Beke ya 8 - Leqephe la mosebetsi



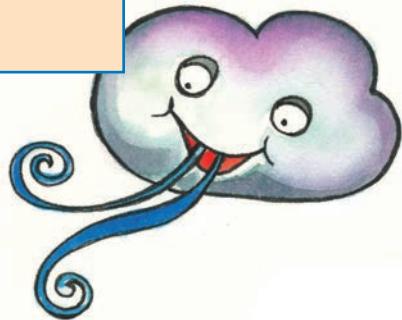
Ha re bueng

Sheba boemo ba lehodimo ka ho fapano. Bolella motswalle  
wa hao hore o rata boemo bo feng haholo.

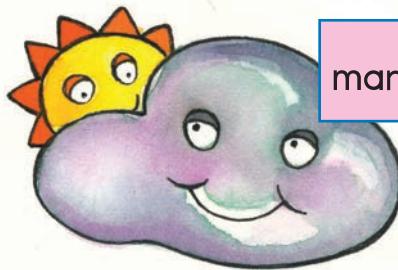
moya



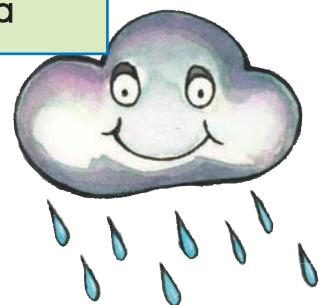
letsatsi



pula e ya na



maru a thibile ho a bata



Karolong tse ding tsa naha ya bo rona,  
ho bata haholo hoo ho kgethehang lehlwa.  
Ka nako e nngwe ho ba le sefefo.  
Moya o matla haholo o bitswa sefefo.



Ha re etseng

Taka setshwantsho sa hao o le puleng kapa lehlweng.

Taka setshwantsho sa hao pampering e kgolo, o sebedisa wekese le dikerayone.

Kopanya daye ya dijo e bolou le metsi mme o pente leqephe lohle.

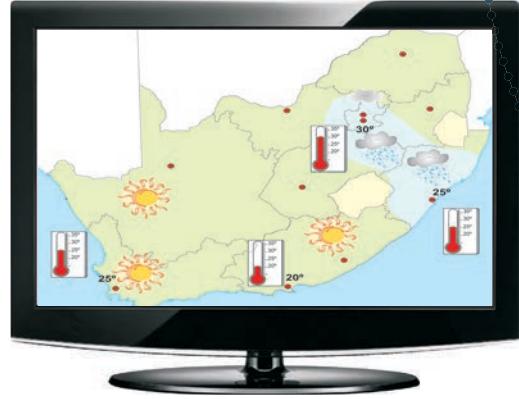
Hasanya pente e tshweu hodima leqephe.



### Ha re baleng

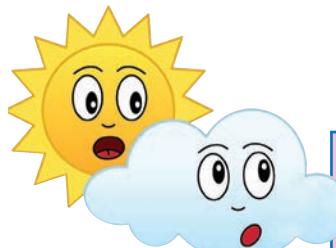
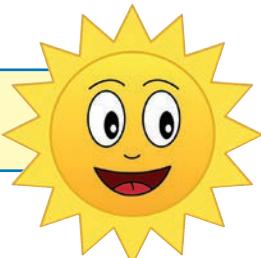
Re sebedisa tjhate ya tsa boemo ba lehodimo ho bontsha hore boemo ba lehodimo bo jwang.

Re sebedisa matshwao ho bontsha phapang pakeng tsa maemo a fapaneng a lehodimo. A mang a matshwao ke a na a latelang.



pula

letsatsi

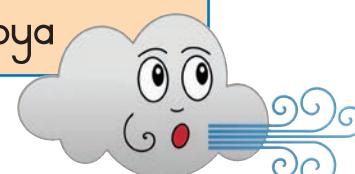


maru

lehlwa



moya



### Ha re bueng

Boella motswalle wa hao diaparo tseo o di aparang boemong bo bong le bo bong ba lehodimo.



### Ha re etseng

Etsa matshwao a bontshang boemo ba lehodimo ho qetela tjhate ya boemo ba lehodimo.

Mantaha

Labobedi

Laboraro

Labone

Labohlano



### Ha re ngoleng

Boemo ba lehodimo bo bile jwang bekeng ena?  
Tlatsa dikgeo ka mantswe.

Tsatsing lena ke \_\_\_\_\_.

Maobane ho ne ho \_\_\_\_\_.

Ke tshepa hore hosane ho tla \_\_\_\_\_.

Teacher: \_\_\_\_\_  
 Sign: \_\_\_\_\_  
 Date: \_\_\_\_\_

# 16 Tsa boemo ba lehodimo

Kotara ya | - Beke ya 8 - Leqephela mosebetsi



Ha re ithapolleng

Etsisa maemo a fapaneng a boemo ba lehodimo.



Otlolla matsoho, a otlollele ka hodima  
hloho o etse e ka o lero le leholo.



O na le sekgele ho o tshireletsa letsatsing.



Etsa matsoho jwalo ka sefate se fokang moyeng.



Tshwara sekgele o se tiise hore se se  
fefolwe ke moyo.



Thopo thopo  
marothodi a pula  
hodima ntlo.

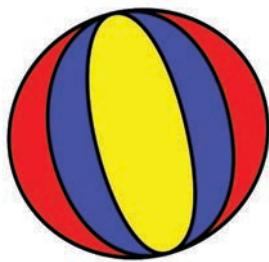




Ha re ithapolleng

Tshwaranang ka matsoho ho etsa  
sedikadikwe se seholo.

Lahlelanang dibolo.

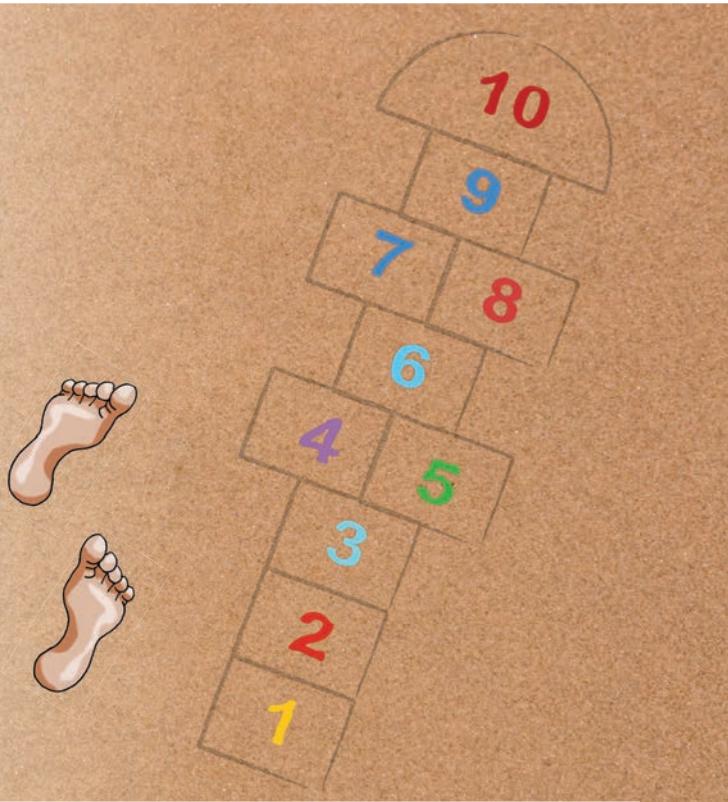


Nahanang mekgwa e fapaneng ya ho  
tsamaya hodima balaka e tsepameng  
kapa hodima kgwele. Bona na o ka  
nahana ka tsela ya ho tsamaya e  
fapaneng ho ya ho barutwana ba bang.



Tlotlontswe

Bapala sekotjhe.  
Etsa mabokose le  
didikadikwe lehlabatheng.



Ha re ithapolleng

- Bontsha motswalle wa hao kamoo o ka sebedisang kgati.
- Titjhere o tla o bontsha kamoo o ka bapalang tse ding  
tsa dipapadi tsa setso.



Teacher:  
Sign:  
Date:

# Lapa leso

**Ha re bueng**

Na o a tseba hore malapa ha a tshwane?

Malapa a mang a mannyane a mang a maholo.

Bana ba bang ba na le bontate le bomme ha ba bang ba se na bona.

Malapeng a mang ho na le bonkgono, ntatemoholo, malome, mangwane le bomotswala.



Sheba ditshwantsho o bolelle motswalle wa hao hore malapa ana a fapane jwang.

Sebedisa mantswe a tswang mabokoseng a latelang.

mme

ntate

kgaitsedi

ntatemoholo

moreso

ngwana

ntatemoholo

lelapa





**Ha re ngoleng**

O dula le mang?

Ke mang eo o dulang le yena?



Lapeng leso ho na le batho ba \_\_\_\_\_.

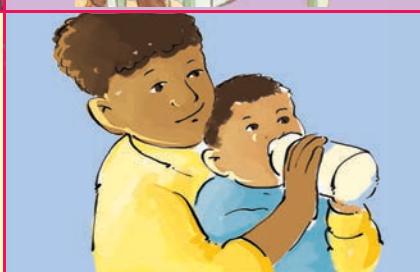
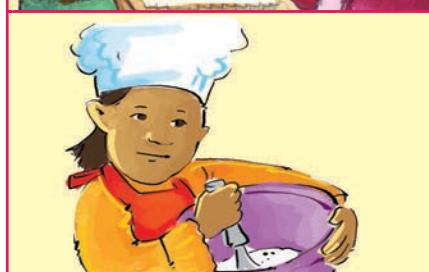
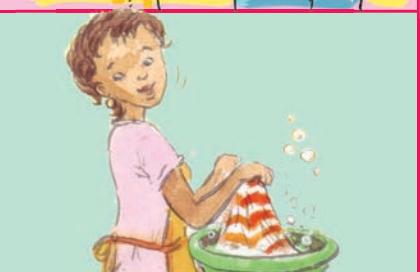
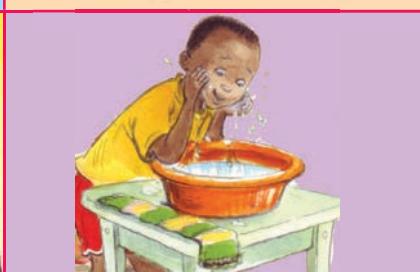
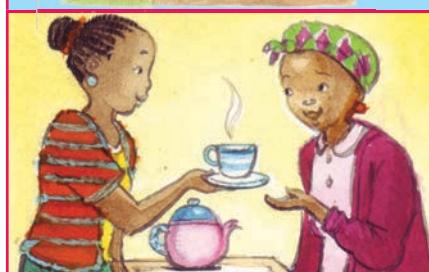
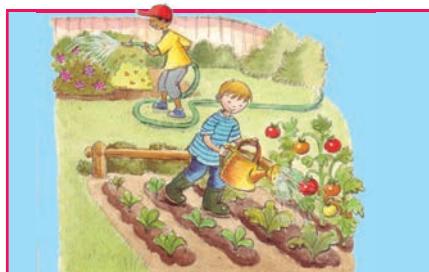
Ke mang e monnyane ho feta batho bohle lapeng leno?

Ke mang e moholo ho feta batho bohle lapeng leno? \_\_\_\_\_.



**Ha re bueng**

Bohle re na le mesebetsi eo re e etsang hae. Tadima ditshwantsho tsena mme o bolele batho ba etsang mesebetsi ena lapeng.



Ngola polelo e le nngwe ka mosebetsi oo o o entseng maobane.

Teacher: \_\_\_\_\_  
Sign: \_\_\_\_\_  
Date: \_\_\_\_\_

# Lapa leso

Tlotlontswe

Etsa setshwantsho sa seo wena le ba lapa leno le se etsang mmoho.  
Bolela hore motho eo ke mang. Sebedisa mantswe a na ho o thusa.

mme

ntate

kgaitseidi

ntatemoholo

moreso

ngwana

nkgono

lelapa

**Lapa leso**



# Re a hlokomelana



**Ha re baleng**

Batho ba malapa ba tlamehile ho ratana, le ho hlokomelana. Re bontsha hore  
re a ratana ka ho hakana, le hona ho hlompha e mong le e mong.  
Re hloka ho ...

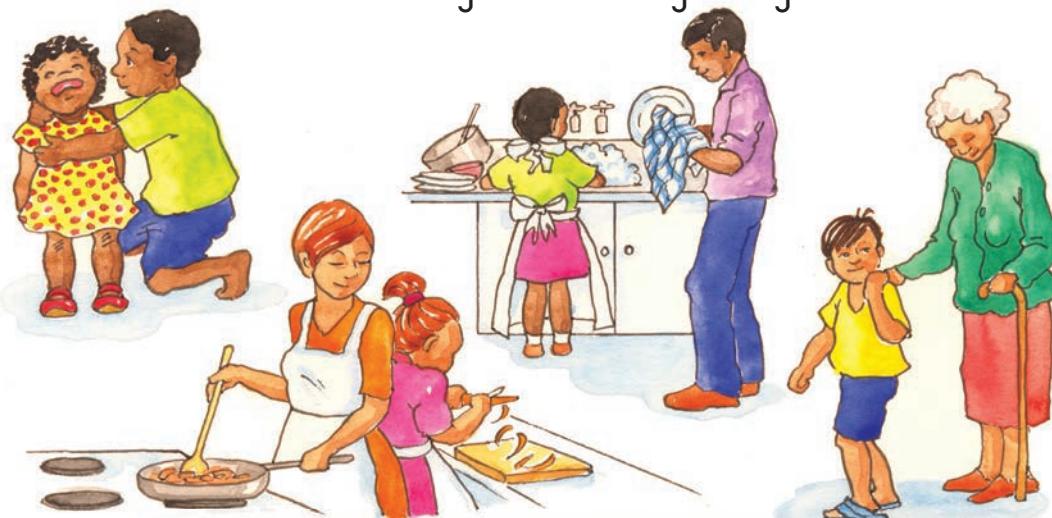
- thusana.
- ba mosa ho motho e mong le e mong  
(haholo holo batho ba baholo).

- etsa mesebetsi ya rona ka nako.
- ba le boikarabelo.



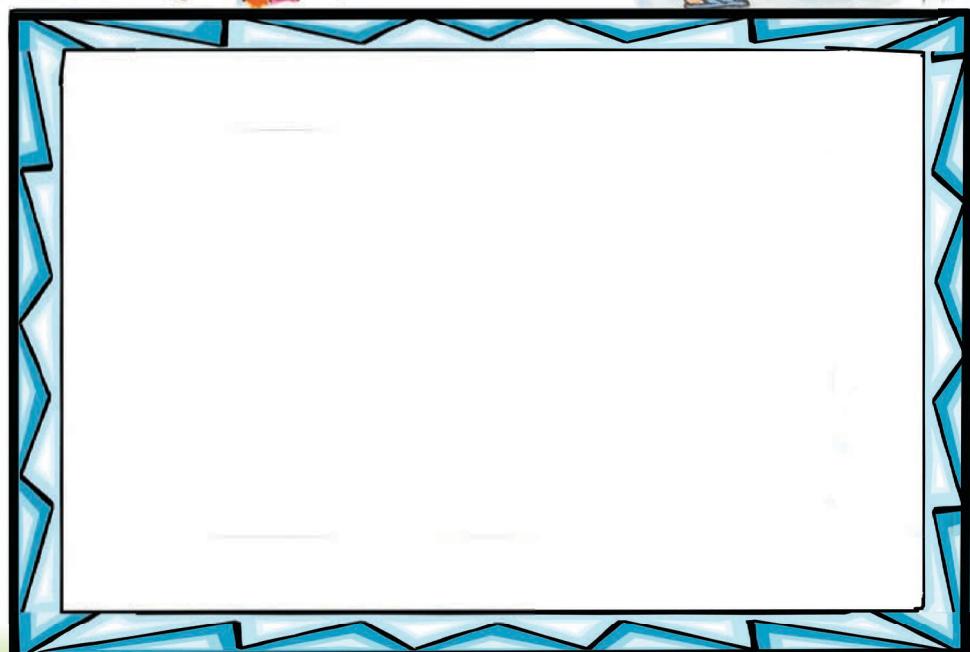
**Ha re bueng**

Sheba ditshwantsho tse latelang o bolele hore bana bana ba bontsha  
jwang ba malapa a bona hore ba tsotellana. Jwale tshwantshisa ho  
bontsha se etsahalang setshwantshong ka seng.



**Ha re etseng**

Etsa setshwantsho  
ka seo o se etsang ho  
bontsha ba lapa leno  
hore o a ba tsotella.  
Borella motswalle wa  
hao ka setshwantsho  
seo o se entseng.



Kotara ya 2 – Beké ya 2 – Leqephé la mosebetsi

Teacher:
Sign:
Date:

# Ho bontsha hore o a tsotella



Bolela ka moo ba lapa lena ba thusanang ka teng. Nomora ditshwantsho ho tloha ho I ho isa ho 4 ho bontsha tatellano e nepahetseng.



Mesebetsi ya rona ya bosiu.

Mme o pheha dijo.

Ntate o hlatswa dijana.

Moreso le nna re thusa mme le ntate.

Re thusa haholo.

Re hleka lebese le borotho.

Ka mora moo re a robala.

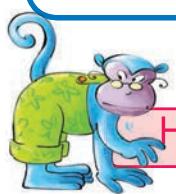
A ko re qoqele tshomo!





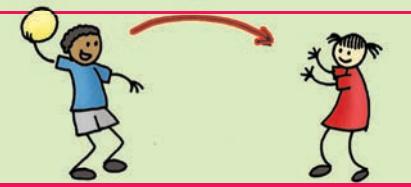
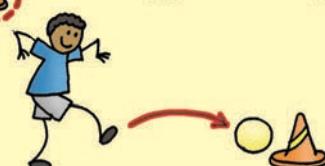
**Ha re ithapolleng**

Etsetsa motho ya o tsotellang haholo karete.



**Ha re ithapolleng**

Na o ka etsa tse latelang?

	o ka fetisa bolo ka ho e akgela motswalle wa hao.	ee	tjhe
	o ka fetisa bolo ka ho e lahlela matsohong ho ya ho motswalle wa hao.	ee	tjhe
	o ka tlodisetsa bolo mangweleng.	ee	tjhe
	o ka otla bolo ho ya khounung.	ee	tjhe
	o ka thinthintsha bolo pakeng tsa bathibedi ba bolo.	ee	tjhe
	o ka rahela bolo ho lebana le ntho e nngwe, ebe o a e raha.	ee	tjhe



# 21 Boipaballo malapeng (1)

Kotara ya 2 – Beké ya 3 – Leqephé la mosebetsi

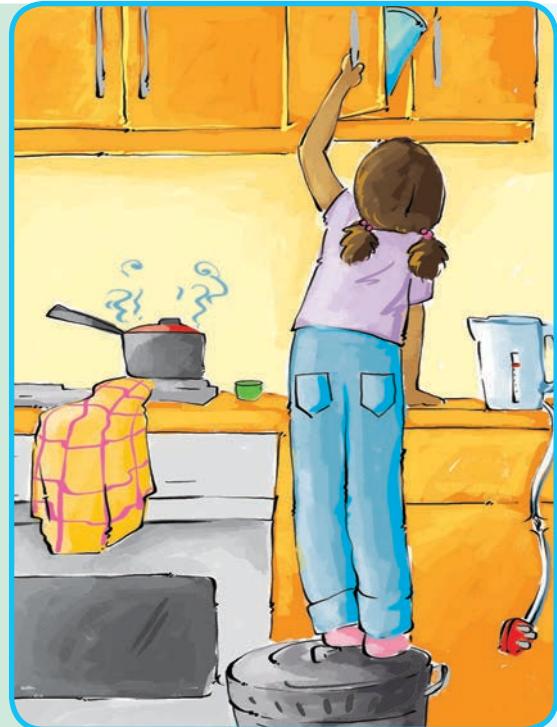


Ha re bueng

Re tshwanelo re ikutlwé re baballehile ha re le malapeng a bo rona. Ho na le dikotsi tse ngata malapeng a bo rona. Shebang ditshwantsho le buisaneng ka dikotsi le motswalle wa hao.

## Phaposing ya ho pheha

- Shebisa mehwele ya dipitsa hore e furalle setofo.
- Se siye thipa tse bohale di dutse feela.
- Notlella parafini le meriana sebakeng se bolokehileng.
- Se siye dibapadiswa di dutse hohle.



## Phaposing ya ho hlapa

- Se sebedise thepa tsa motlakase pela metsi. Se sebedise dintho tse sebedisang motlakase pela metsi.
- O se di siye pela metsi.
- Boloka disebediswa tsohle tse bohale ka rakeng.
- Se sebedise borosolo ba hao ba meno le motho e mong.

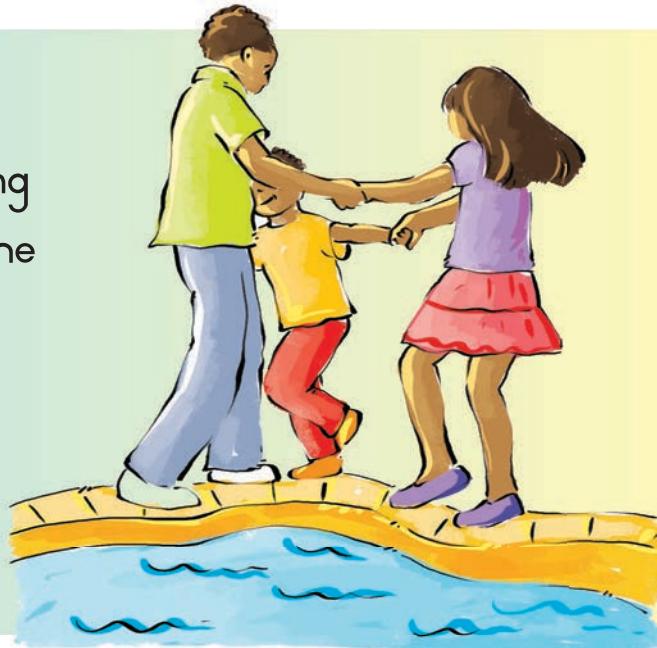


## Matolo, mahadima le motlakase

- Se eme tlasa sefate ha ho na le lehadima.
- Se kenyé letho masobeng a kenyang disebediswa tsa motlakase. Kopa motho e moholo ho o thusa.

## Ka ntle

- Phutha tsohle tse ka o ntshang kotsi, jwalo ka dikgalase. Di behe ka moqomong wa dithole.
- Se bapalle pela letamo la ho sesa ntle le ha ho na le motho moholo.



## Ka hara ntlo

- Se siye dibapadiswa le ntho tse ding di dutse hohle.
- Se bapale ka tjhefu.
- Ha o bona hore mohala wa ketlele kapa wa aene o petsohile kopa mme kapa ntate wa hao hore a o lokise.



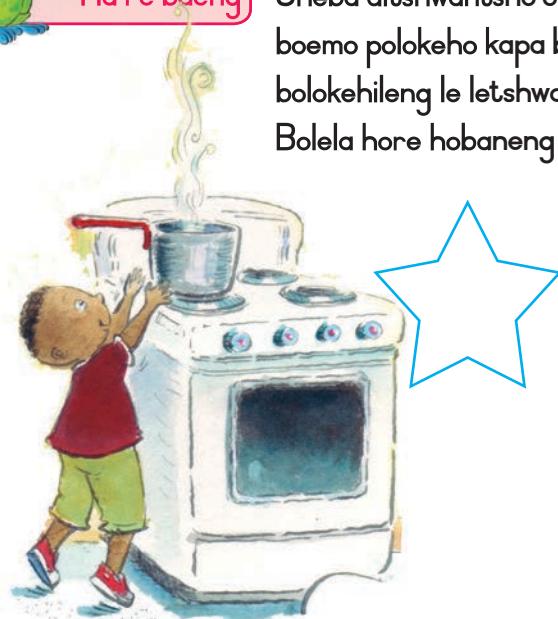


# Boipaballo ka hare le ka ntle ho malapa (2)



Ho bolokeha

Sheba ditshwantsho o bolela hore ke tshwantsho di feng tse bontshang boemo polokeho kapa boemo bo kotsi. Etsa letshwao ✓ ho bontsha maemo a bolokehileng le letshwao ✗ ho bontsha maemo a sa bolokehang kapa a kotsi. Bolela hore hobaneng o re ba bolokehile kapa ha ba a bolokeha.





**Ha re bueng**

Na ho na le dintho tse kotsi lapeng leno? O ka etsang ka seo?  
Tjhefu, meriana le mekedikedi e hlwekisang di kotsi haholo.  
O se ke wa nwa seo o se nang bonnete ba hore ke eng.



Letshwao lena le bolela hore ho na le tjhefu  
ka hara botlolo, lebokose le lekotikoti.  
Na o kile wa bona letshwao lena?



**Ha re ithapolleng**

Titjhere ya hao o tlo o bapalla mmino.



- O itsikinye ho latela morethetho wa pina.
- Kgetha mookamedi. Mookamedi o tlamehile  
ho qoqopela ho latela morethetho wa pina. Kaofela le tlameha ho etsa se  
etswang ke mookamedi.
- O leke ho itshehetsa ka leoto le leng.
- Jwale itshehetse ka leoto le leng.
- Ke leoto le feng le matla?
- Beha kgwele e telele fatshe kapa o etse mola.  
Tsamaya hodima kgwele kapa mola, mme o  
tsepame.
- Jwale tjhentjha sebopeho sa kgwele kapa mola  
mme o tsamaye mabapi le yona, o tsepame.



# Polokeho ha ke le mong lapeng



Ha re bueng

O ithutile ka dintho tse ka o ntshang kotsi lapeng leno.  
O ka ipoloka o bolokehile jwang ha ole mong lapeng?



Ha o le hae o le mong,  
o ka etsa dintho tsena  
tse latelang hore o  
dule o bolokehile.



Se bulele batho bao o  
sa ba tsebeng lemati.

Notlela menyako  
yohle e tswelang  
kantle.



• Eba le bonnête ba hore o tseba dinomoro tsa mehala tsa batswadi ba hao, le batho ba dulang pela lapeng leno.

• Etsa lenane la dinomoro tsa bohlakwa, hore ha ho ka etsahala phoso.



Ha re ngoleng

Iketsetse lenane la dinomoro tsa bohlakwa.



Mapolesa:

---



Koloi ya setimamollo:

---

Ambulense:



Nomoro ya mohala ya mme, mohala wa thekeng kapa selefounu:

---

Nomoro ya mohala ya ntate, mohala wa thekeng kapa selefounu:

---

Ke mang e mong eo o ka mo letsetsang ha o le mathateng?





24  
Kotara ya 2 – Beke ya 4 – Leqephé la mosebetsi

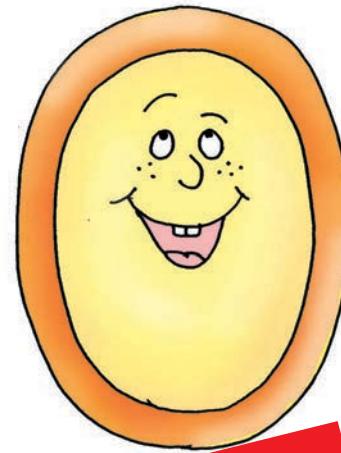
# Se seng hape ho hopolwa



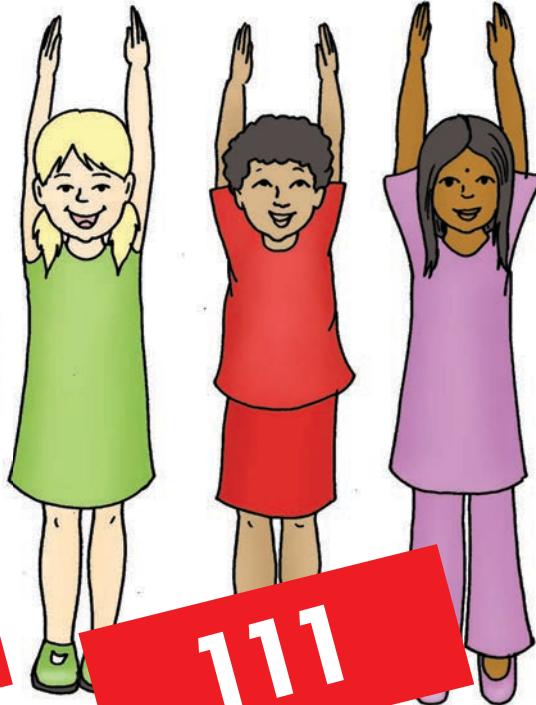
Tsela e bonolo ya ho hopola mohala wa mapolesa. Sheba setshwantsho o bolelle motswalle wa hao hore ditshwantsho di o thusa jwang ho hopola dinomoro. 10111 ke nomoro ya mapolesa. E bitse hangata ho fihlela o e tseba ka hloho.



1



0



111



Bontsha ka moo o neng o ka etsa ka teng ha o ne o le ngwana ditshwantshong tse latelang.



O ne o tla etsa jwang ha motho eo o sa mo tsebeng a ne a o lelekisa?



O ne o tla etsa eng ho thusa mme wa hao ho etsa dikuku?



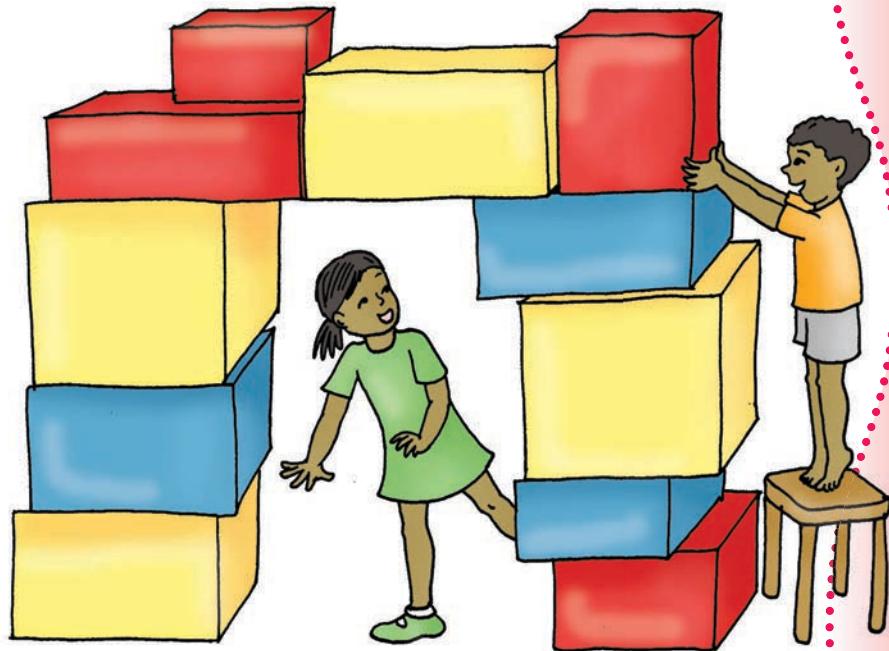
O ne o tla etsa eng ha o eme pela kgalase e tjhwatlehileng?



# Ha re etseng

Bona na o ka aha ntlo ya hao.

- Fumana mabokose a kgale ebe o haha mabota le marulelo.
  - O ka kgomaretsa mabokose mmoho. Ha ntlo e fedile, o ka e penta.
  - Ha o sa fumane mabokose, sebedisa ntho e nngwe le e nngwe. Empa se sebedise galase kapa makotikoti kapa ntho e ka o ntshang kotsi.



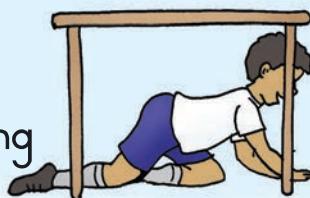
## Have it a pollen-free day

Lahlela bolo moeng ebe o e tshwara  
ka letsoho la hao le fokolang.

Thusa titjhere ya hao ho  
suthisetsa ditulo, ditafole le  
mabokose kantle.

Hlwella hodima ditulo, ditafole,  
le mabokose. Kgasa ka tlasa  
ona, mme o tlolele fatshe  
ho tloha ho ona.

Leka ho itshehetsa leotong  
le leng la setulo.





# Mmele wa ka



Ha re ngoleng

Ngola mantswe sebakeng se nepahetseng.

leoto

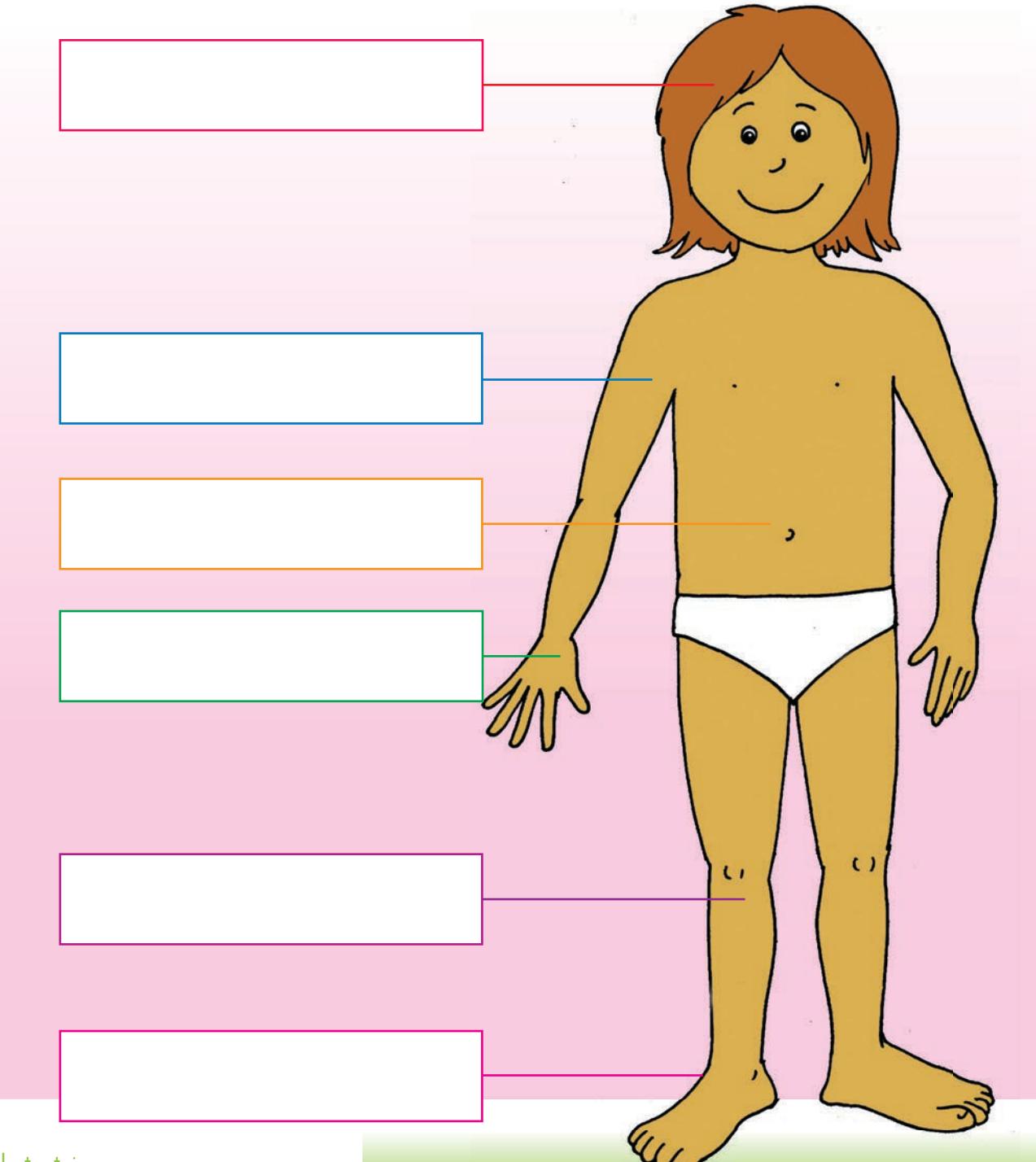
letsoho

hlooho

mpa

lengwele

seatla





## Ha re etseng ditshwantsho

Qetella setshwantsho sena sa sefahleho.

Etsa setshwantsho sa moriri. Leka ho  
etsa sefahleho sa hao. Ha o na le mahlo  
a maputswa, etsa mahlo a maputswa.  
Ha moriri wa hao o le motsho etsa  
setshwantsho sa moriri o motsho.

Etsa setshwantsho sa dintshi, nko ya  
hao le molomo wa hao.

Sefahleho sa hao ke setho sa bohllokwa dithong tsa hao tsa mmele.

Re na le mahlo a mabedi.



Re na le tsebe tse pedi.



Re na le nko e le nngwe.



Re na le molomo.



## Ha re bineng

Binang pina ena. Tshwara setho se seng le se seng sa mmele ha  
o bina ka sona.

## Hloooho mahetla

**Hloooho mahetla, mangwele le menwana,**

**mangwele le menwana**

**Hloooho mahetla, mangwele le menwana**

**Jwaloka ka hodimo**



## Ha re ithapolleng

Bapala "Simon o re..."



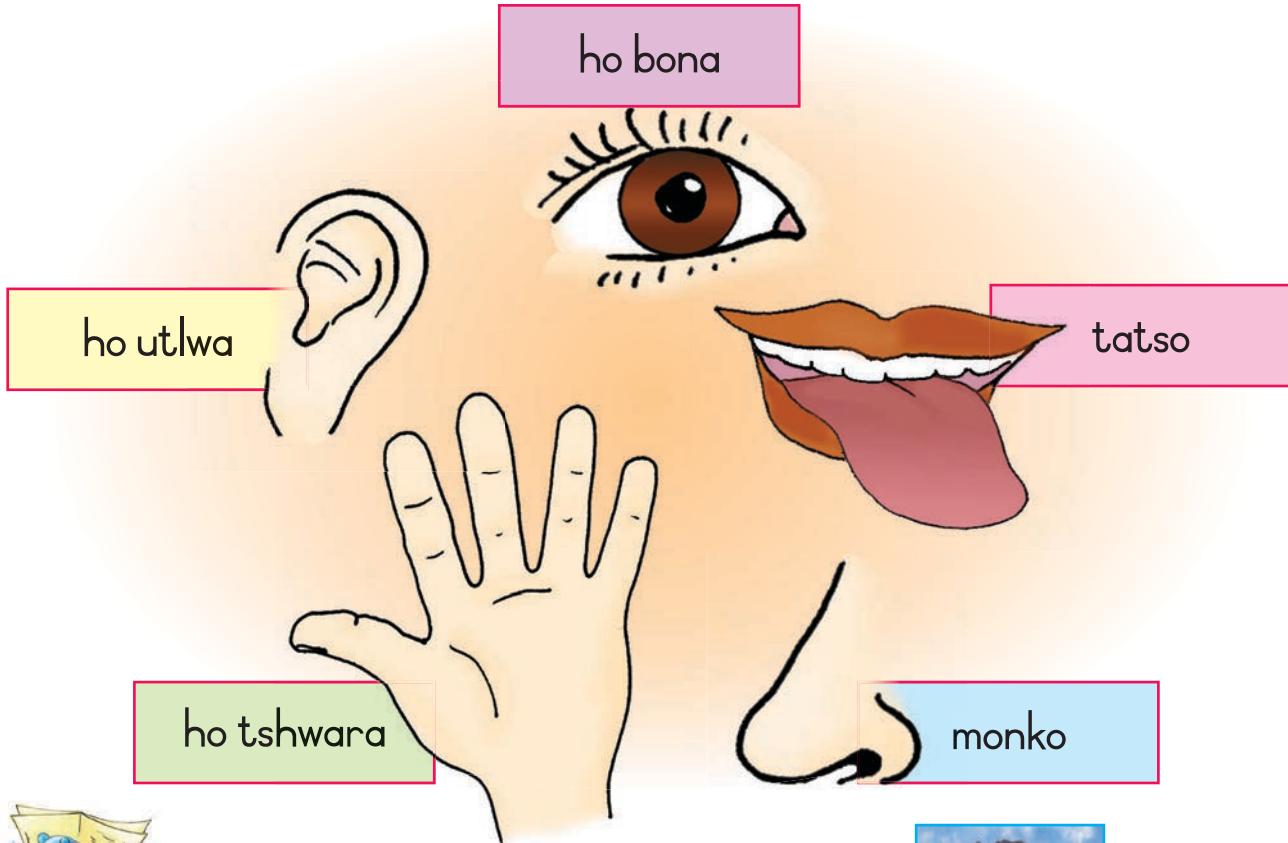
Teacher:	Sign:
Date:	(Signature)

# Ditho tsa kutlo tsa ka



Ha re bueng

Sheba dikutlo tse fapaneng o bue hore re di sebedisetsa eng.



Ha re baleng

Re sebedisa ditho tsa kutlo tsa rona ka mehla.

Re nkga le ho utlwa tatso ya dijo. Re ka utlwa  
hore lesiba le bobebo bo bokae. Re bona hore  
lehodimo le leputswa hakae lehlabula. Re utlwa  
mmino.

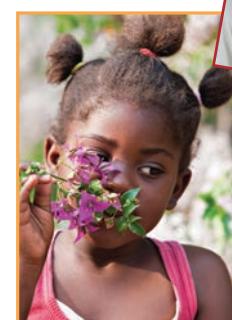
Dikutlo tsa rona di re thusa hore re bolokehe.

Re ka kgona ho nkga ha ho na le mollo.

Re ka kgona ho utlwa ha setofo se tjhesa haholo.

Re kgona ho bona ha ho le kotsi ho tshela mmila.

Re kgona ho utlwa modumo wa alamo.





**Ha re etseng**

Tlhokomelo ya mahlo, le ditsebe.

Re hloka ho hlokomela ditho tsa kutlo tsa rona. Ena ke mekgwa e mmedi ya ho hlokomela mahlo le ditsebe tsa rona.



Hlokomela ditsebe tsa  
hao ka ho se mamele  
mmino o lerata.

Hlokomela mahlo a hao ka ho  
rwala kepisi le dikgalase tsa  
letsatsi. Se shebe letsatsi.



**Ha re ngoleng**

Sheba tafole e ka tlase, moleng o mong le o mong bontsha hore o ka  
sebedisa kutlo e feng, o ka tshwaya tse fetang bonngwe.

	nkga	tatso	ho bona	ho utlwa	ho tshwara

Teacher:  
Sign:  
Date:

# Ho tsitsinya mmele

Kotara ya 2 – Beke ya b – Leqephé la mosebetsi



Ha re bueng

Sheba sethwantsho. Sethwantshong se seng le se seng bolela hore ke setho se fe sa mmele, se o thusa ka eng.

Re sebedisa mmele ya rona ho tsamaya.



Ha re ngoleng

Araba dipotso tsena le motswalle wa hao. Ngola dikarabo bukeng ya hao, ka tlasa dipotso tse latelang.

O sebedisa ditho di fe tsa mmele ho tsamaya?



Ke dikarolo dife tsa mmele tseo o di sebedisang ho phahamisa seng?



Ha re ithapolleng

Titjhere o tla o bontsha ho bapala  
"katse le tweba".

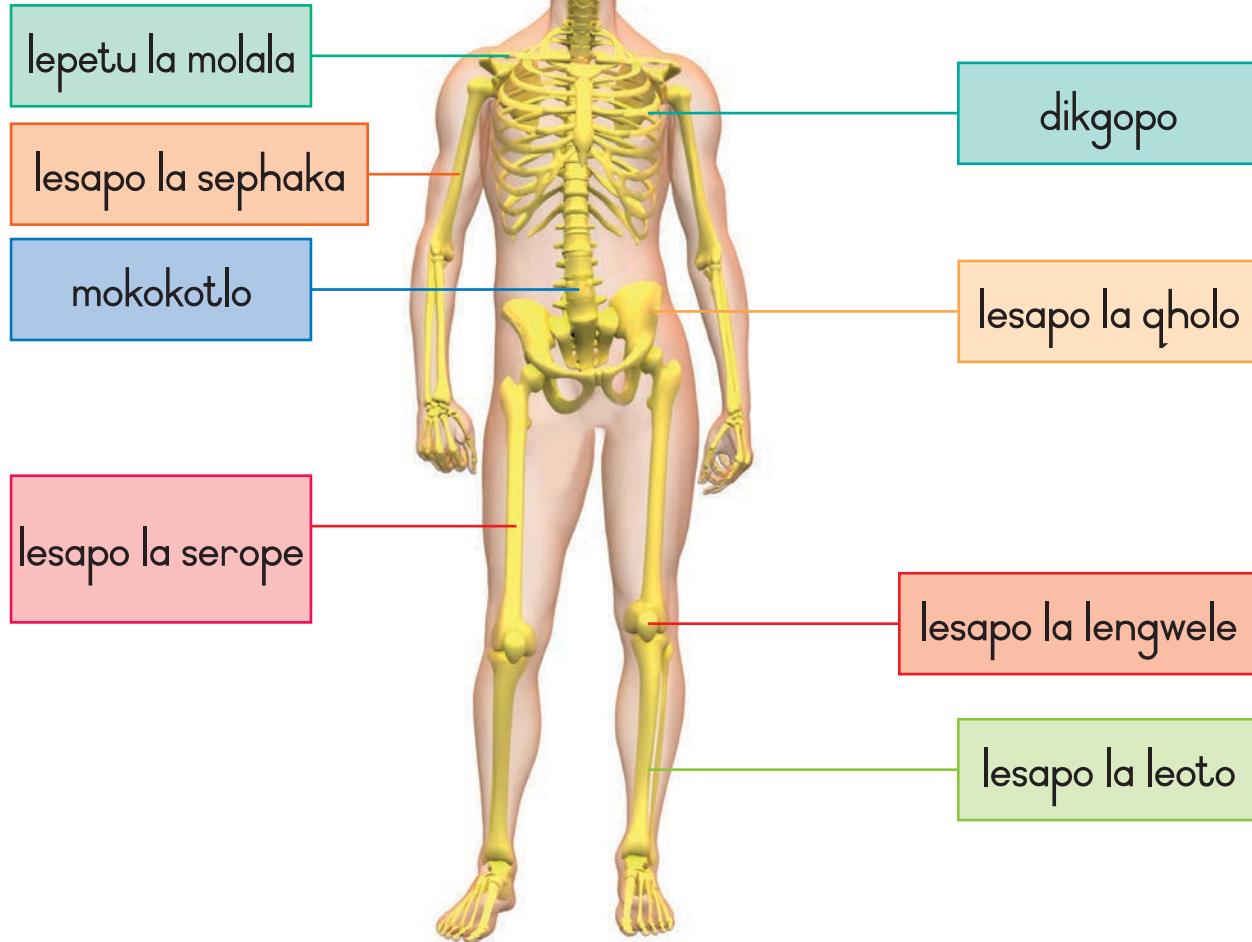




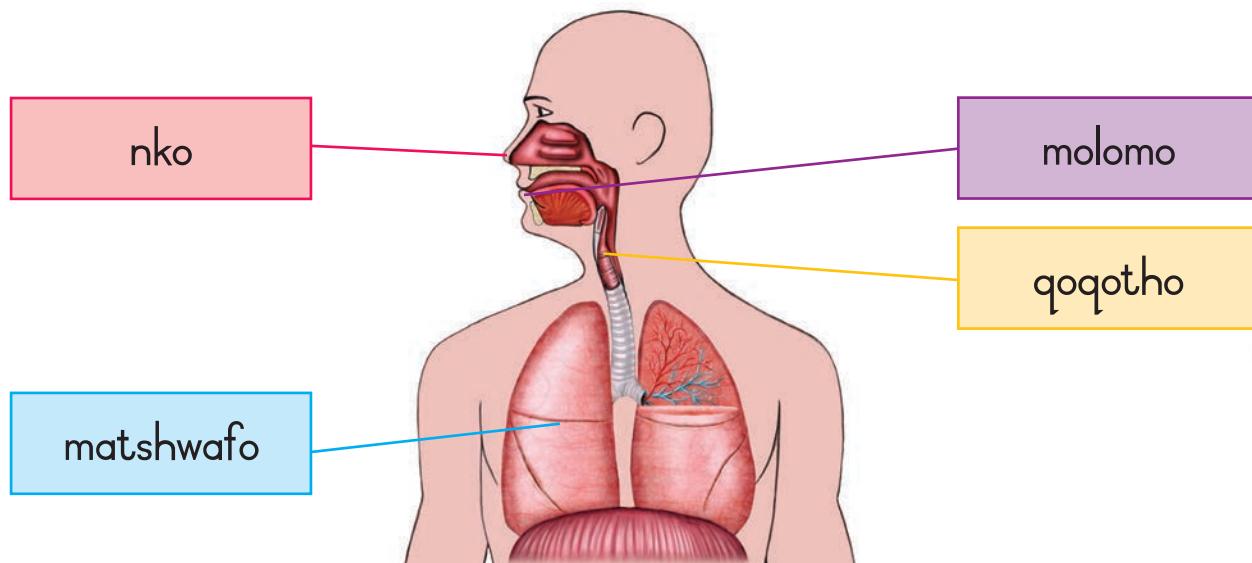
Ha re baleng

Ho na le ditho tse ding tsa mmele tseo o ke keng wa di bona.  
Di sebetsa mmoho ho o phedisa.

## Masapo a hao



## Ditho tsa mmele tse o thusang ho hema

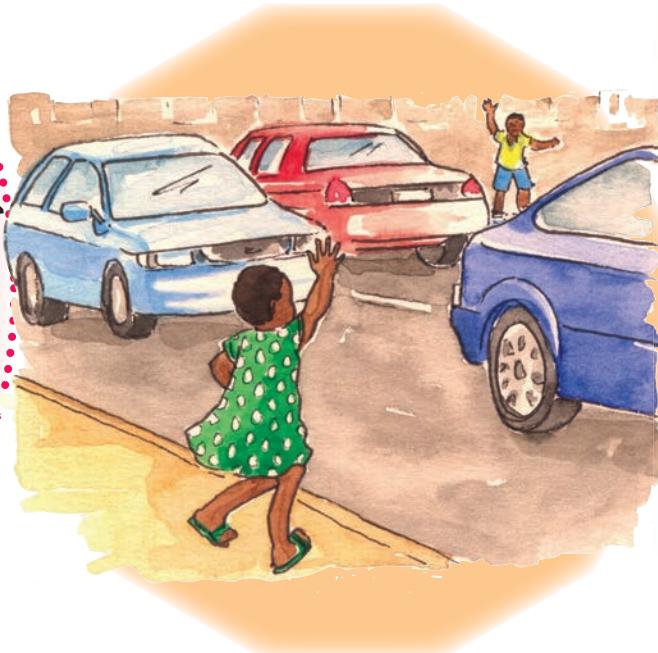


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Date:



Ha re bueng

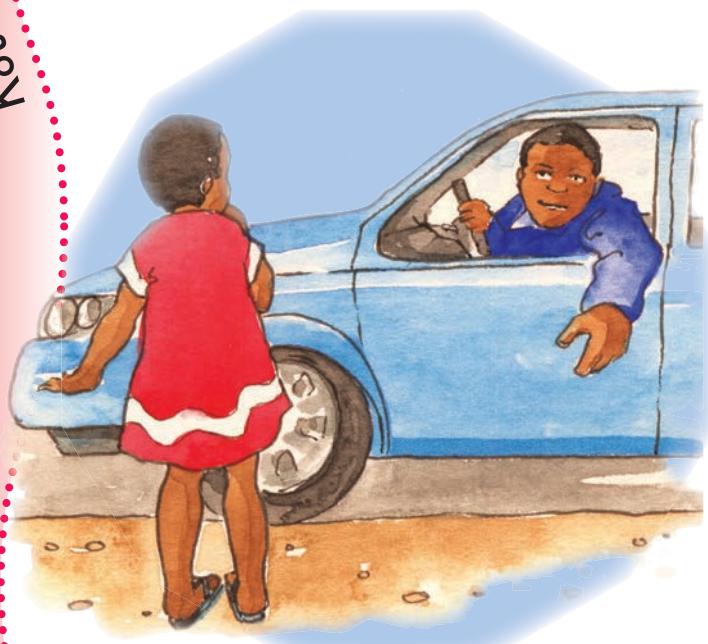
Sheba setshwantsho se latelang o bue ka sona le motswalle wa hao hore o bona eng. Setshwantshong se seng le se seng bontsha hore o ka dula o bolokehile jwang.



O bona motswalle wa hao ka nqane ho mmila.



O setse o le mong moo ho palangwang ditekesi.

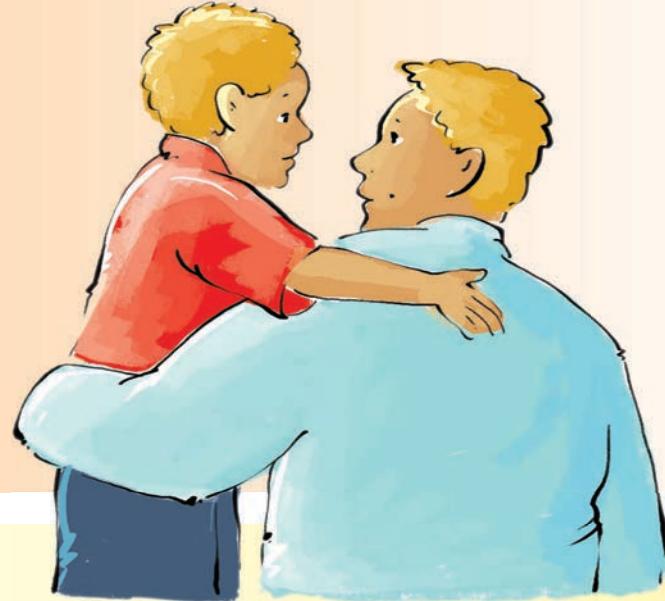
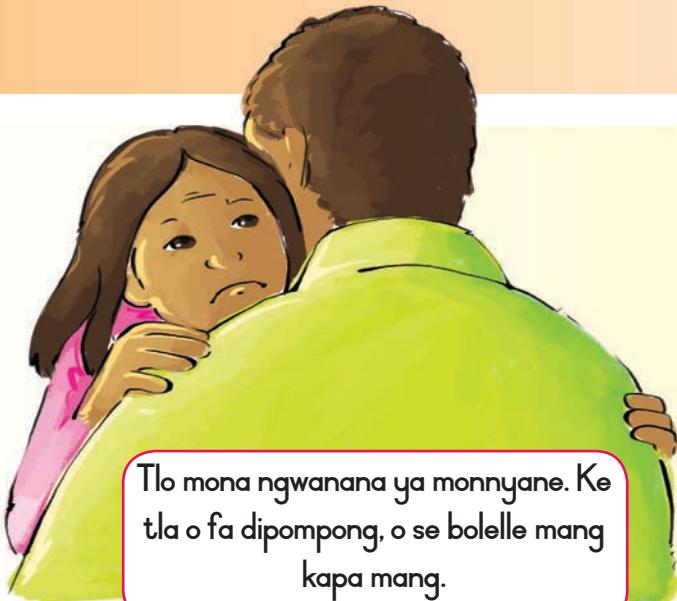


Motho eo o sa mo tsebeng o o kopa ho ya le yena kae kae.



O lahlehile setsing sa mabenkele.

Re na le maikutlo a reng "ee"  
ha motho a re haka ka tsela e  
nepahetseng. Ho monate ho hakuwa  
ke motho eo o mo ratang ka tsela e  
nepahetseng ya setswalle.



Ha **re na** maikutlo ha motho e  
mong a re thetsa ka tsela e re  
tshosang kapa e sa re thabiseng.  
Ha re sa thaba kapa re ikutlwa re  
sa bolokeha ha **re na** maikutlo.

Mmele wa hao ke ntho ya bohlokwa, mme ke wa hao  
feela. O ka re "**ee**" ha o dumela ho tshwarwa ke motho  
kapa "**tjhe**" ha o sa batle.

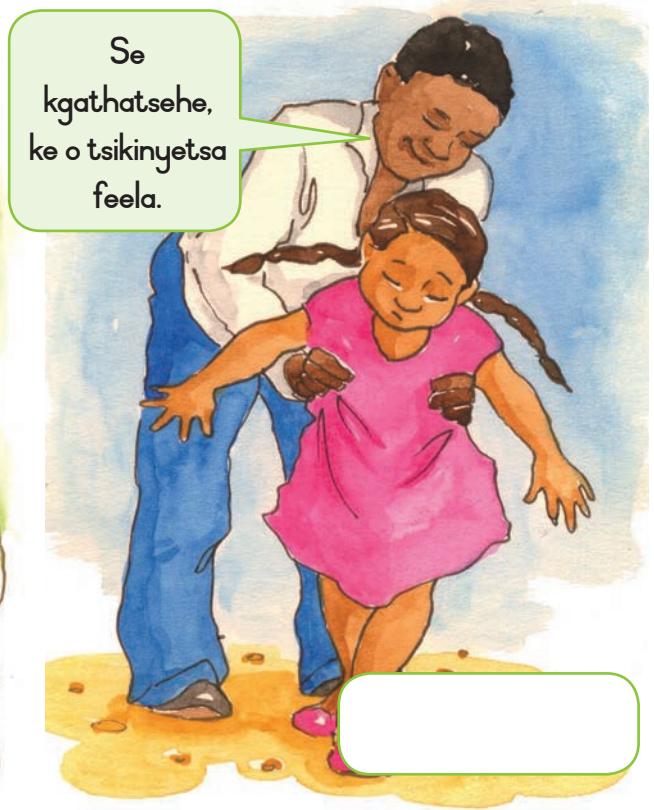
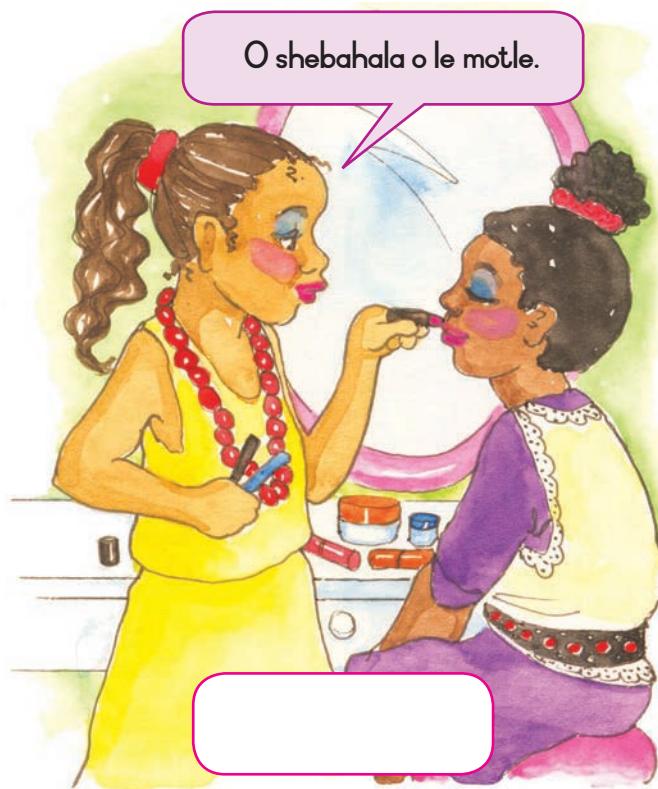
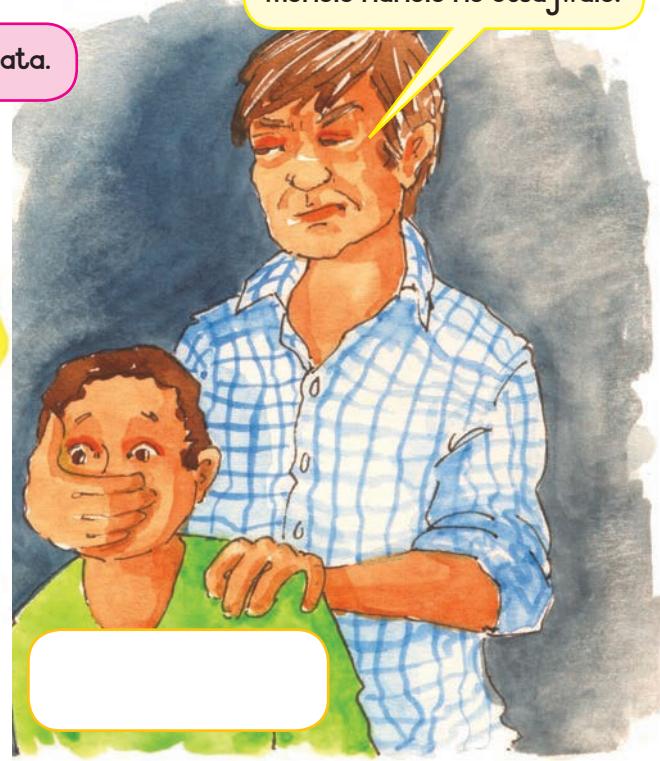


# Ho bolokeha

Ha re ngoleng

Sheba ditshwantsho tse latelang o ngole ee moo o dumelang le tjhe  
moo o sa dumeleng.

Emisa ho etsa lerata! O  
moholo haholo ho etsa jwalo.





**Ha re etseng**

Ithute hore "tjhe".

Etsa papadi moo motho osele a rerang ho nka ngwana ka koloi ya hae kapa a batla ho tshwara ngwana. Karabo ya ngwana ke "tjhe".



**Ha re bueng**

Bana ba bang ba dula malapeng a sa ba hlokomeleng. Sheba ditshwantsho. Bolela hore o ne o ka ikutlwa jwang ha o ne o le ngwana ya ditshwantshong. Bolela hore o ne o ka etsa eng.



**Ha re ithapolleng**

Bapala papadi ya ho "hwama".

Tsamaya, o nke tsela e fe kapa e fe eo o e ratang,  
ha titjhere ya hao a letsa phala, o eme ts!  
boemong boo o tla beng o le ho bona. O tlamehile  
hore o se tsitsinyeho fihlela titjhere e o dumella  
ho tsitsinyeha. O ka kgon a ho tsepama?

Ho tsamaya balakeng e tsepameng kapa kgweleng  
e telele e beilweng fatshe.



Teacher:  
Sign: ○○○○○  
Date:



# Ho boloka mmele wa ka o phetse hantle



Ha re baleng



Ho na le mekgwa e mengata eo re ka kulang ka yona. Hangata re kudiswa ke dikokwanahloko le baketheria. Di nyenyane haholo, hoo re ke keng ra di bona. Di kena mmeleng ya rona, di re kudise. Di ka kena mmeleng ya rona mme tsa re kudisa.



Ha re bueng

Bana ba ditshwantshong ba etsa jwang hore ba phele hantle?  
Ho ka etsahalang ha ba ne ba sa etse dintho tsena?





Ha re bueng

Jwale bua ka ditshwantsho tseña. Etsa ✓ ho bontsha hore o ka dula  
o phetse hantle. Kenya letshwao ✗ ditshwantshong tse ka etsang  
hore o kule.



Teacher: Sign:	Date: Sign:
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# Ho boloka mmele wa ka o phetse hantle



Ha se batho ke disebediswa tsa ho hlwekisa metsi?

Ke mokgwa wa ho hlwekisa metsi?

Na o a tseba hore metsi a mang a hlwekile ha a mang a le ditshila? O ka etsa eng ho boloka metsi a hlwekile a le matle hore a kgone ho nowa?

O ka bedisa metsi ka ktlele ho bolaya dikokwana mahloko.



O ka sefa ditshila.  
Titjhore a ka o bontsha jwang.

O ka kenya kgaba e nyenyane e le nngwe ya Jiki ho diemere tse mashome a mabedi a metsi a nokeng.  
Kwala emere hore ditshintshi di se kene. Tlohela metsi dihora tse 28 pele o ka a nwa.





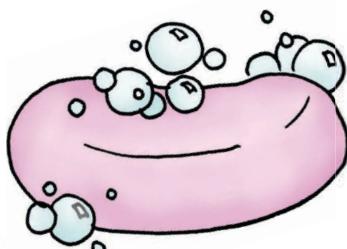
Ha re bueng

Sheba ditshwantsho tse latelang, o bolele hore bana bana ba etsang hore ba dule ba phetse hantle.

Tshela pampiri e tshesane ka ntłwaneng ya ho ithusa kapa moo ho kenywang matlakala.



Hlatswa matsoho pele o ja.



Hlatswa matsoho a hao ha o qeta ho sebedisa ntłwana ya ho ithusa.



Ha o etsa ditshila ka ntłwaneng ya ho ithusa, hlwekisa moo o sentseng o ntano hlatswa matsoho a hao.



Kwahela molomo ha o thimola kapa hona ho kgohlela.

Teacher:  
Sign:  
Date:

Kotara ya 2 - Beko ya 8 - Leqeph ya 8 - Loepeha ya 8 - mosebetsi	32	Re a hlahloba	



Ha re bueng

Buisana ka seo o ithutileng sona  
dikotareng tse pedi tse fetileng.



Nka bua ka lelapa leso.

Nka tsamaya thapong e tshesane.

Ke tseba nomoro ya mapolesa.

Ke tseba ka maikutlo a "tjhe" le "ee".

Nka kapa bolo.

Nka dula ke bolokehile lapeng.

Nka itlhokomela.

Ke thusa lapa leso.

Ke tseba hohle sekolong.

Ke tseba ho dula ke phetse hantle.

Ke tseba hore nka etsa eng ka dintho tsohle tse ka  
mokotlaneng wa ka.

Ke tseba ka malapa a fapaneng.

Ke ithutile ntho tse ngata thutong ya bokgoni  
ba bophelo.

# Bukantswe ya ka

A

a

G

g

B

b

H

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E

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K

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L

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# Bukantswe ya ka

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m

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n

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o

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Q  
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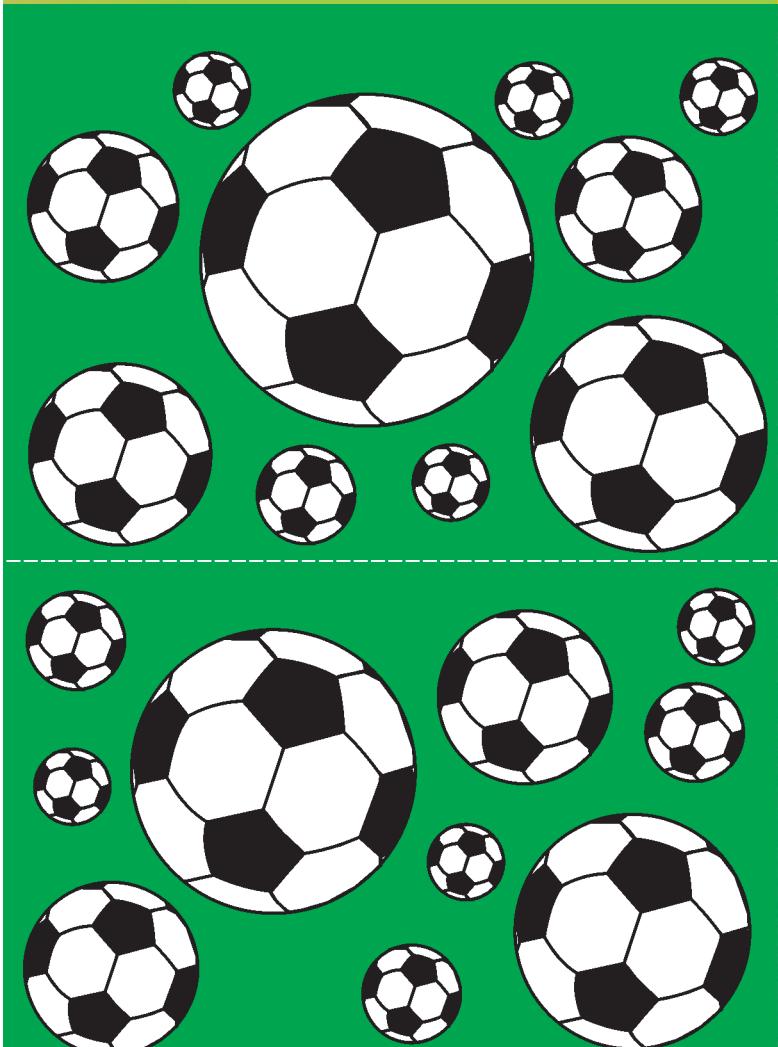
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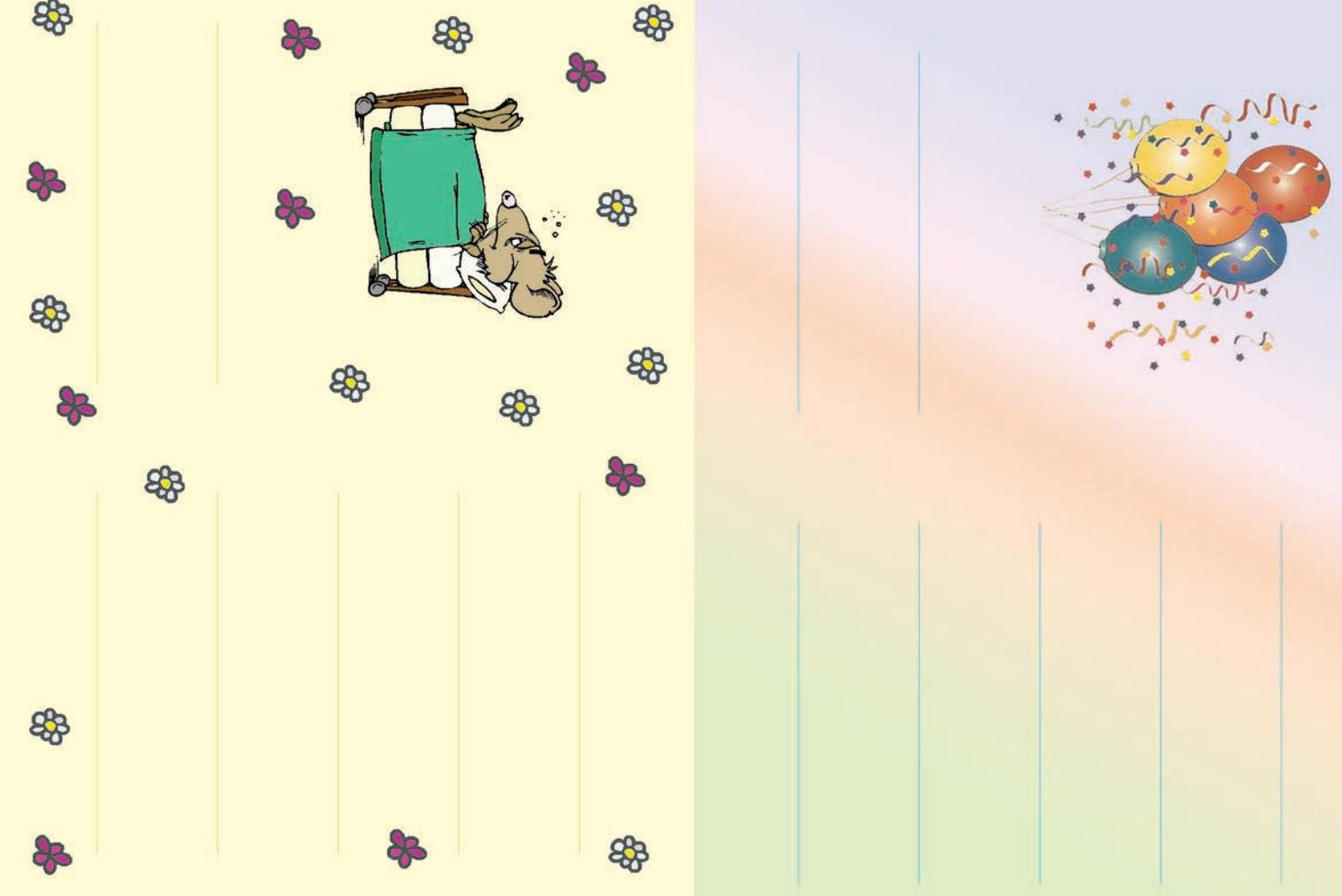
U  
u

V  
v

W  
w

X - Z  
x - z





## Masks

Cut out on  
the outside  
black line.

Tie a string  
into the holes  
to make a  
face mask.

